



Labor Day weekend on the water
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The Bethel Citizen

Vol. CXXI - No. 36

Thursday • September 8, 2016

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Serving Bethel and neighboring communities in the mountains of western Maine

Arlene Greenleaf keeps local schools well stocked with mittens

By ALISON ALOISIO

Arlene Greenleaf of Greenwood has knitted her whole life. But after she was in a very serious ambulance accident when she worked with Bethel Rescue almost a decade ago, she couldn't do much physically for a long time.

So, she said, "I did more knitting when I was laid up." As she cranked out mittens for family and friends, a surplus began to pile up, and she wondered what to do with them.

Someone suggested she contact area schools to see if there might be kids in need of mittens.

The schools were happy to take them, she said, to give them both to kids who might not have them as well as to have on hand when the youngsters might forget them at home.

She's been giving them away for about six years now, to the Crescent Park, Woodstock and Andover elementary schools. There have also been occasional gifts to the Agnes Gray School in West Paris, and a school in Biddeford that her granddaughter attends.

"The teacher in Biddeford asked my granddaughter if her grandmother could send some more mittens," said Greenleaf.

Arlene is a regular knitting machine. She currently has 10 different pairs going at once. "I'll do five rows on one, then go to the next," she said - an approach that keeps her from getting bored with one pair.

The bin for this year's batch has 120 pairs in it so far. Arlene also has two bins of skeins, another two of left-over skeins to be rolled into yarn, and one of rolled balls for the future.

She does all kinds of patterns - solid, stripes, and self patterning.

She and her daughter, Sondra Withey, frequent yard sales, Marden's and Walmart to stock up on yarn cheaply.

When Arlene is working, she has to be sure all the yarn is stored safely away. About a year ago Sondra's young cat, Reaver, was playing with yarn and managed to swallow enough of it that it necessitated emergency surgery. Now, he is restricted to lying on top of

Arlene Greenleaf knits mittens in her daughter's kitchen. In the foreground is a bin with what she has produced so far for this coming winter, to be donated to area elementary schools and organizations for the homeless.

A. Aloisio



See ARLENE, Page 4

Cheering returns to Telstar

By ALISON ALOISIO

Cheering for Telstar teams should get louder beginning this year, thanks to the formation of a cheering squad made up of both middle and high school students.

Sarah Berry of Newry and Tasha Chapman of Bethel are the coaches.

"Tasha and I started talking about forming cheering leading over a year ago and we were just appointed July 1 as coaches," Berry said.

The plan is for the squad to cheer during the fall and winter at football and basketball games, she said.

They had more than 20 girls attend summer pre-season practices, and 14 turned out last Thursday for the first official practice after school.

"We're hoping to cheer for football home games this year, and then hopefully make it to all away games next year," said Berry. "Telstar has had football back for over 10 years now and I've said for the past several years it's about time we bring cheering back."

She said she was told by a Telstar alumna who cheered that the last time it was offered was in 1982.

Berry, originally from Connecticut, comes well-prepared to coach. She was on her high school's varsity cheerleading team all four years.

"I graduated from St. Paul Catholic High School in Bristol, Conn., where we had strong and supported football and cheer-

See RUMBLE, Page 2

See CHEER, Page 3

Rumble strip redo underway on Route 2

By ALISON ALOISIO

A center-line rumble strip project by the Maine Department of Transportation on Route 2 west of Bethel is being redone.

"We had equipment prob-

lems and the strips were cut too deep," said Duane Brunell, MDOT safety manager. The depth caused the rumble sound to be louder than normal, prompting complaints, he said.

The strips were installed earlier this summer.

Last week crews were out replacing the strips with new pavement, which will be allowed to cure until re-rumbling takes place, Brunell said. The affected

stretch is about four miles of road starting at the New Hampshire border.

Brunell said another area that had been rumble stripped this summer has been removed permanently. It is a stretch near

the Pleasant River Campground, where he said the noise is particularly noticeable to campers.

In the bigger picture, he said MDOT selects roads with higher speeds and



Randi and Cody Hennigan and their dog, Baxter with their tiny house on Main Street in Bethel.

A. Aloisio

'Tiny house' couple rolls through Bethel

By ALISON ALOISIO

Cody and Randi Hennigan attracted attention on Main Street in Bethel one morning recently when they pulled into town and parked their "tiny house" across from the Sudbury Inn.

The couple, from Dallas, Texas, was passing through on a tour of the U.S. and Canada before they settle down in their house in Bend, Oregon.

They built the 170-square-foot structure themselves last year on a 20 foot trailer, with a width of 8.5 feet and a height of 13 feet, 4 inches. Total cost was between \$20,000 and \$25,000, they said.

The desire to build it grew out of an initial effort to lead a more sustainable life. The couple started with a garden five years ago, and it grew every year, they said.

It wasn't long before they began to feel their mortgage and home were not a sustainable system.

Though they said they loved their 1,400-square-foot traditional house, they realized the things they like most about it were things they had built and designed themselves. Putting those insights together, a tiny house seemed the next logical step, they said.

The Hennigans repurposed a lot of materials to incorporate into the house, including doors from the 1940s and wood floorboards from the 1920s.

After they completed the house and made plans to move to Bend, they decided that before they placed the house in a permanent location they might as well use it like a camper to see the country.

"We decided to take the scenic route," said Randi, and part of that included plans to come to the Northeast. "We wanted to come to Maine, and see New England," she said.

See HOUSE, Page 3

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Letters

WATER BELONGS TO THE PEOPLE

To the Editor:

After reading letters to the editor from Bromley Cook, Pete Coolidge, Jon Star, and Karen Wilson, I am jumping on board as a concerned resident of Andover. Nestle Corp. is trying to take "our water."

This water belongs to the people and they must have a say in where it goes! This finagling in policies, politics or whatever it takes to get their way, is what ultra large corporations like Nestle do! They know that water districts like Andover and Rumford's are in money straits especially in regard to infrastructure. So they proceed to "pull the wool over the eyes" of who ever they can, to go on with their endeavor to make a lot of money.

Being busy with many other things, I admit at first glance, I understood the desire to take advantage of this offer. Now I am hoping that like myself, the Rumford Water District after looking into the ramifications that something that "looks to good to be true" really isn't in the best interest of the people it will affect.

Leon Akers
Andover

AIA YARD SALE ITEMS NEEDED

To the Editor:

The Albany Improvement Association needs donations for its Fall Yard Sale: housewares, small appliances, home furnishings, tools, furniture and clothing. All items should be in reasonably good condition. FMI: Call 824-2568.

Bob O'Brien
Albany Improvement Association President

GIRLS HOCKEY OFFERED

To the Editor:

Berlin, N.H. Youth Hockey is excited to announce that there will be a U14 Girls hockey team for the 2016-17 season.

This is a great opportunity for our area girls to learn and play girls' hockey in a competitive environment. This is great preparation for any girl aged 11-14 who is interested in playing high school girls' hockey.

For mail-in registrations or for more information about the team please contact Melissa Frenette at 752-4272 frenette5@myfairpoint.net or Tricia Walsh at 723-9197 twalsh72@hotmail.com.

Melissa Frenette and Tricia Walsh
Berlin, N.H.

DANCE THANKS

To the Editor:

THANK YOU for the many years of having me as a dance teacher. I have enjoyed them all and have great memories. The number of students that I have had over the years are long. I will miss the dance, the students and their families.

I am retiring Bridget's School of Dance.

Bridget Whitman
Bethel

ADVERTISING CORRECTION

FOLEY PLUMBING NUMBER-An ad in the Home Improvement Guide that was inserted in last week's Citizen should have listed the phone number for Foley Plumbing as 207-230-9226.

LETTERS TO THE EDITOR

The Citizen welcomes letters to the editor. We hope our readers will regard the newspaper as a public forum for discussing any topic they believe to be of interest to the community. Send letters to: Editor, Bethel Citizen, PO Box 109, Bethel, ME 04217-0109. Fax: 824-2426. E-mail: news@bethelcitizen.com.

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The Bethel Citizen is the weekly newspaper serving central Oxford County Maine. Single copies are 90¢, back issues up to a year, available to purchase.

Deadline for town, club and organizational news items is Monday at 4 p.m. **Advertising deadlines:** Real Estate and half page ads or larger: Friday, Noon. Display and Classified ads: Monday at 4 p.m.

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Periodical class postage paid at Bethel, ME 04217 and additional entry offices by The Bethel Citizen, a division of Sun Media Group. (USPS 416-380) (ISSN 1095-5968). Published Thursdays at Bethel, ME 04217. Post Master send address changes to: The Bethel Citizen, PO Box 109, Bethel, ME 04217-0109.

The publisher reserves the right to reject, or edit any material offered for publication.

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Let us know if you have an address change!

MAINE-ECUADOR UNITED THANKS

To the Editor:

It is a pleasure to announce that I returned to Ecuador with \$1,070 to donate to the Ecuadorian Red Cross to help with the earthquake relief fund.

I want to thank all who helped and sold tickets and supported this effort in helping the great people of Ecuador. All your generosity and willingness to the help was and is greatly appreciated.

I especially want to thank Shelley Douglass who ran the fundraiser in my absence; Holly Roberts, Deb Wheeler, Gina Douglass and Britany Douglass who sold tickets and Hal Hutchins who donated his winnings back.

Because of all your support the Red Cross will be able to provide even more assistance to rebuilding the coastal regions that were so greatly affected by the April earthquake.

Thank you!

Brianna Douglass
Ecuador

CROP WALK HELPS AROUND THE WORLD

To the Editor:

The West Parish Congregational Church is sponsoring a CROP Walk Sunday, Sept. 18, to raise funds for the interfaith work of Church World Service. Rev. Tim LeConey will start with an Ecumenical Church Service at 10 on the Bethel Common. Rain location is West Parish Congregational Church. Walkers bring a bag lunch for a snack or light picnic at 11. The Walk starts at 11:30 at the Bethel Common.

The church is staffing a table at Harvestfest Sept. 17 to promote awareness for hunger issues locally and globally and gather sponsors and walkers for Sunday's walk.

The non-denominational effort has walkers gathering pledges and walking a distance of 5 K (3 miles) around the village of Bethel. The walk starts going up Broad Street, up Paradise to Evergreen to the end. Then return to Broad Street, right on Mason Street with a stop at the District Exchange, then left down Chapman Street, across to Mechanic Street, and Railroad Street, back to Church Street and the Bethel Common.

This is the eleventh year of the Bethel Area CROP Walk. Throughout the past 9 years walkers have raised around \$35,000 toward hunger relief globally and locally. Go to www.crophungerwalk.org for more information and to make a pledge.

CROP Walks, which stand for Communities Responding to Overcome Poverty, are the foundation for the work of Church World Service. Thanks to the many walkers around the country, trained staff can respond to national and international disasters immediately. Church World Service provides assistance to over 80 countries, responding also to the devastation of hunger, poverty, and disease, which might not make the evening news, but shatters lives as surely as a hurricane or Tsunami.

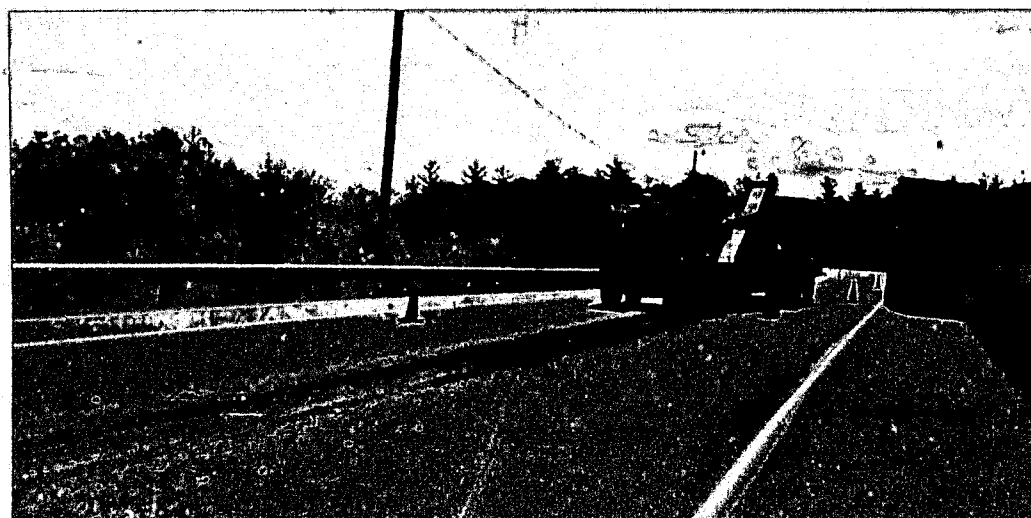
In addition 25 percent of the money raised in Bethel will go to Bethel Food Pantry for its work with hunger relief in Maine. The Bethel Food Pantry has changed from appointments to being open every second Monday at the Park Street entrance to the Nazarene Church.

For more information contact Eileen Opie (824-3121).

Jane Chandler
Bryant Pond

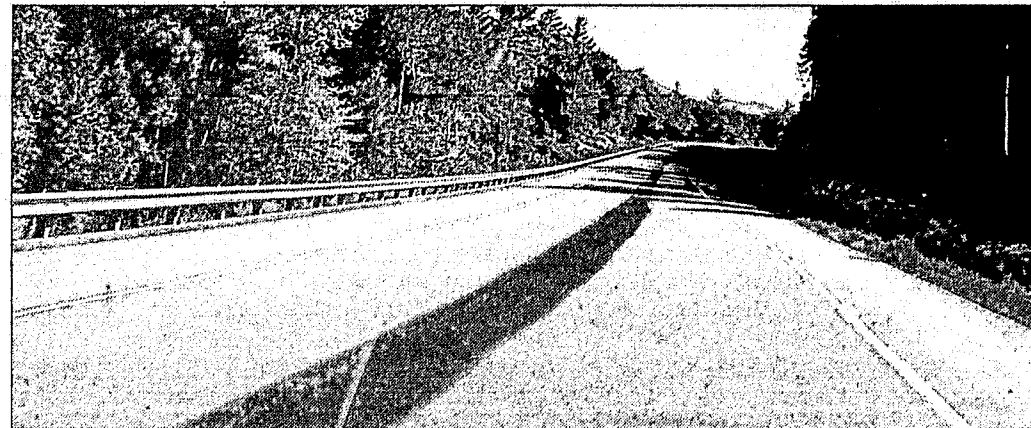
Rumble

Continued from page 1



RUMBLE RE-DO-After getting complaints that recently-installed rumble strips on Route 2 in Gilead and West Bethel were too deep and too loud, MDOT last week dug them up (above) and repaved them (below). The strips will be re-installed soon, after the pavement cures, according to MDOT.

L. Chapman



traffic volumes throughout state to have strips installed, a program that has been in place since 2006.

"The number one cause of fatalities is 'lane departure,'" said Brunell - either head-on crashes or accidents caused by a driver going off the road to the right, usually due to speed, fatigue, distraction or OUI. Seventy percent of fatalities happen because of lane departures, he said.

Since the program began, said Brunell, MDOT has studied fatality frequency on roads that have had rumble strips installed. There has been a 90 percent drop

in fatalities, he said. "We're extremely pleased with the outcome," he said.

The focus has been on center line strips rather than edgeline or shoulder strips, he said, because head-on collisions are most likely to result in fatalities. And, he said, the edgeline strips add more potential for noise, so MDOT has aimed for a balance between safety and noise.

He said the program also generally tries to balance noise concerns for some businesses, particularly lodging ones, in deciding to place center line strips.

BEWARE THE STUDENT LOAN TRAP

To the Editor:

The Dec. 27 issue of "Bloomberg-Businessweek" magazine has an interesting article about some of the hazards of student loans. The article cites serious financial problems encountered by many people arriving at retirement age when they can begin collecting Social Security and retirement only to find out that the Federal Government may garnish some of their Social Security or other retirement benefits if they haven't paid off their government insured student loans. In some cases the Government will even foreclose on their mortgage to collect unpaid student loans.

It seems that a lot of people owe on student loans on their own education, and some owe even more money on their kids' student loans as well. The moral of the story, in my opinion, is to not take out more student loans than you can reasonably expect to pay back. It is foolhardy to take out student loans to pay for a liberal arts degree at some expensive Ivy League college when it is unlikely that you will be able to find a job that will pay for hundreds of thousands of dollars in loans.

If you or your parents are not independently wealthy, it is probably better to attend a junior college close to home and minimize your expenses. It is also advisable to major in a subject or occupation where you are more likely to find employment, such as computer science, computer aided machine operations, medical technology, nursing or other fields where there is a demand for workers. If you are more mechanically inclined, there are good paying jobs in auto mechanics, machine tool operator, welding, plumbing or electricians. Explain this to your kids or other young people you want to see succeed in life without going bankrupt.

Richard Grover
Mason

Our Back Pages

By Danna Brown Nickerson

10 years ago: The Greenwood Spartans youth football team opened their second season with a game against the Turner Pirates at the Telstar Fields complex.

An old time dance was held at the Locke Mills town hall with music provided by the Richard Felt Orchestra.

Births: David Robert and Blake Jamie Tripp.

Deaths: Annabelle G. Lee, Sherman Eldon Greenleaf, Vernon A. Bonney.

20 years ago: The West Parish Congregational Church concluded its year-long bicentennial celebration with a weekend of special activities.

A minor accident snapped a utility pole on Route 26 in Bryant Pond leaving more than 500 homes and businesses in Greenwood and Woodstock without power for nearly eight hours.

Births: Mackenzie Hope Vehue, David Andrew Dyke.

Deaths: Jasper M. Foster, Pearl Fysh, Gilbert Osman Bailey, Glenn M. Swan.

30 years ago: The new Woodstock school was rising rapidly with concrete block work and steel work underway.

About 78 current and retired COMSAT and AT&T employees attended a picnic at Littlefield Beaches Campground.

Deaths: Bertrand W. Rugg, Jr., Edward Albert Capillon.

40 years ago: Calvin Buker was badly burned when a switch on an edger machine blew up at the Gladding-Paris mill.

An open house was held at the Lower Sunday River School as part of Newry's Bicentennial project.

Birth: Jesse Thomas Leighton.

50 years ago: The Misses Beth Bean, Diane Swain, and Jackie Brooks went to Portland where they were enrolled in the Golden School of Beauty Culture.

Ralph A. King retired after 38 years of work as a spool finisher at the Stowell Silk Spool Company.

Birth: Gerri Ann Gauthier.

Death: Mrs. Grace E. Nickerson

60 years ago: Mr. and Mrs. Harold Stanley celebrated their 50th wedding anniversary at an Open House at their home on the Middle Intervale Road.

A public farewell get-together honoring Rev. and Mrs. Charles Pendleton was held at Garland Chapel.

Deaths: Amos G. Fortier, Mrs. Annie F. Bryant, Lyman E. Winslow, Mrs. Maude Benson.

70 years ago: Shirley Chase, Jr. purchased the Frank Robinson property in South Bethel.

Miss Elizabeth Ward entered the CMG Hospital School of Nursing, and Miss Lillian Coburn was a student at the Maine Eye & Ear Infirmary.

Dance parties were popular at the Community Room.

Deaths: Mrs. Elizabeth Griffin, Everett S. Mitchell.

80 years ago: Miss Electa Chapin, popular Bethel teacher, went to Old Orchard to teach.

Ethel Mae Shorey Co. presented "Life in Hollywood" at Locke Mills.

J. G. Auger began his duties as the local station agent. He succeeded A. Verville who transferred to Mechanic Falls.

90 years ago: William C. Bryant installed a Frigidaire cooler in his store.

Carpenters were shingling the Methodist Church.

Frank Flint added a piazza to the front of his home on Main Street.

Deaths: Fred J. Philbrook, Waldo Pettengill, Mrs. Ella A. Barrows.

110 years ago: An enjoyable lawn party and supper was given at the Methodist parsonage.

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House

Continued from page 1



A view from the living room of the kitchen and loft, accessed via "stairs" at right that double as a water tank and storage areas. They are currently renting out their house in Dallas.

They left Texas in May, staying in a variety of places along the way.

"While it takes a little time to reach out and locate places to park during our stays, instead of opting for a quick RV reservation, we have been lucky to be invited onto some unique and beautiful spots," said Randi. "Being a small off-grid structure, we are frequently welcomed into someone's backyard or their hundred acre farm."

She said one of the toughest things about their current nomadic lifestyle is leaving "great places that we could imagine living forever."

They've adapted well to living in a tiny space, she said. As for their daily routine along the way, Randi said they like "to start the day slow making pour over coffees and breakfast with local fare while we listen to records with the doors open, or looking for-

ward to rainy days so we can play dominoes, break out our art supplies and create something to send to family and friends by snail mail, or curl up and watch a movie on the back of our old U.S. map."

In Texas Randi worked as a college professor and couples therapist and Cody worked for a non-profit. She plans to continue similar work in Oregon, while Cody's plans include doing something more focused on gardening, permaculture, and/or building and carpentry, helping people generally live more sustainably.

From Bethel they were headed to Vermont, upstate New York and Ontario, and plan to be in Oregon the end of October.

They really liked Bethel, they said. "We might be back," said Randi.

To learn more about the Hennigans and their house, go to www.thelittlehouseintexas.com



A view from under the loft looking toward the living area. In the far right corner is a record player. Submitted photos

Cheer

Continued from page 1

leading programs," she said. "It was a great bridge between the students and the community."

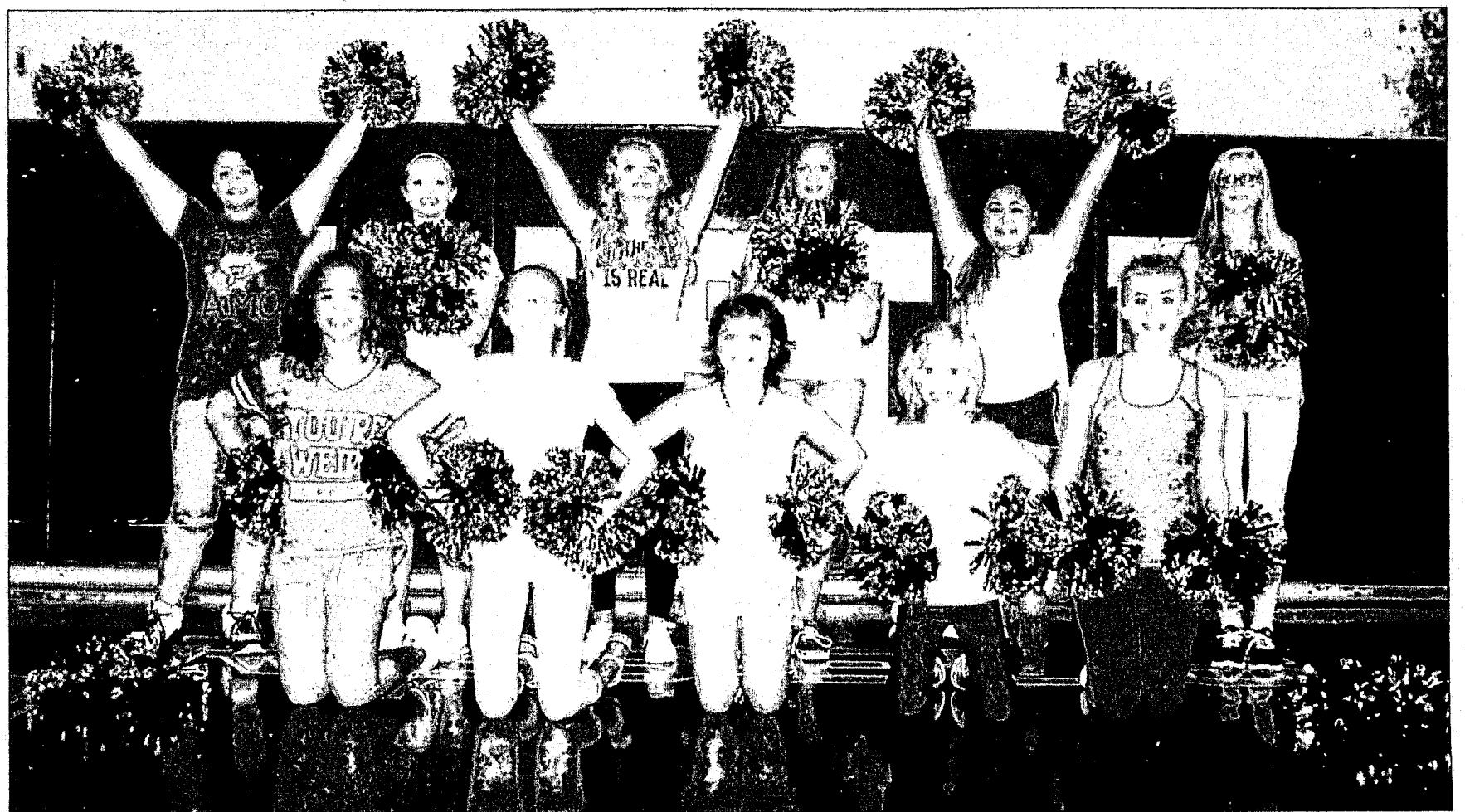
The Telstar squad currently has seven high school and seven middle school girls. At this stage, said Berry, "We're learning football sideline cheers - offensive and defensive, as well as crowd interactive cheers."

While they are anxious to learn a half time cheer/dance routine, Berry said, "I've told them we need to master the basics first. Hopefully by basketball season we can move towards that."

Jayden Lane and Olivia Seames said they joined because they like to "boost school spirit."

Julia Putnam said, "I don't usually like sports but I think I'll love cheerleading."

The squad is currently fundraising to buy uniforms. To contribute contact the SAD 44 superintendent's office or go to a GoFundMe page under Telstar cheerleading.



TELSTAR CHEERLEADERS- Front: Bailey Fraiser, Kaitlyn Tyler, Selena O'Jeda, Olivia Seames, Hayli St. Laurent. Back: LaNora Richards, Autumn Pilgram-Giberson, Julia Taylor, Cayley Marriott, Nyla Dixon, Julia Putnam.

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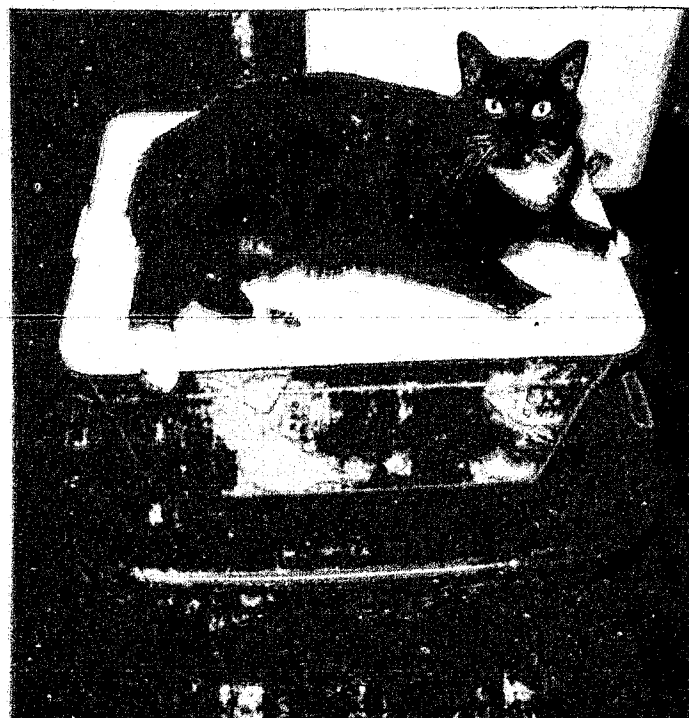
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Mittens

Continued from page 1

the bin covers. Now that school is underway, Arlene is headed into the home stretch for mitten production for this winter. She expects to deliver them in late October.

Distributing them is a good feeling, she said, "just knowing that I'm giving them to the kids."



The closest Reaver the cat now gets to Arlene Greenleaf's yarn is the top of the bins. A year ago he swallowed yarn and required emergency surgery. A. Aloisio

Bethel

By DON BENNETT



Weekend Roundup
For the holiday week-end the Androscoggin Bridge opened both

lanes for traffic. The Swain Farm Stand had plenty of corn and pumpkins plus a great variety of fresh vegetables. Cross Excavation has completed the move of its office in Mayville to its new building at the West Bethel center (former Kendall Mill area). Saturday morning Farmers Market promoted special organic grain fed chicken as well as special herbs and green. Vegetables and melons were on display. Gould students were returning for a new school year, parents were unloading cars and vans and students were towing and rolling luggage to their dorms. At the new real estate building in Mayville, a yard sale of furniture, etc., was in progress all day Sunday. Stopping by Bethel Airport, planes were nicely

lined up near the terminal building but not much flying going on. What is somewhat amusing is that the one two engine plane faces a lineup of single engine planes. It looks like an instructor (two engine plane) is giving a class to the single engine planes.

Tree Canopies: New England look everywhere along Main Street

You must admire the "New England look" for drivers who wait at the bank's drive-up window or just pass between the bank and town office/Citizen building - healthy maple trees. Although work on the Cole Block building has taken a break most of the new siding has been applied.

Facelift at the Steam Mill

Scott Hart and partner are installing new siding on one of Bethel's most historic industrial development buildings - the 1864 store and club house built by the Skillings family of Winchester, Mass., as part of their steam mill enterprise. I learned that Warren Hart of the same family once lived in one of

the six cottages built next to the office building just across the road from the one being worked on. Nelson Hart, a classmate of mine in the Bethel Grammar School, was a great uncle of the men I met Saturday. If you are interested in the Skillings mill history see: http://www.thebetheljournals.info/Bethel_steam_mill.pdf

Sunday River Golf Club - Great day for golfing

One of the best golf days of this summer came on Sunday of Labor Day weekend. At the Sunday River Golf Club the parking lot was nearly full when I went up for look at Sunday morning's activities. The view of the mountains from the deck of the club house is unbeatable.

Pine Tree Waste Bethel and Pine Tree Waste Penobscot Island Indian Island Reservation

Recently I saw Elaine Merrill at the IGA. Told I had found a 2007 Google photo of a Pine Tree Waste truck on Indian Island near the entrance bridge. She told me Pine

Tree Waste had originated there. The Merrill's had negotiated long and hard to get rights to use name here in Bethel.

My only trip to the Penobscot Nation Island was in the winter of 1960. At that time I remember seeing only a few houses. Today the island seems to have a very complete community of houses and public buildings. Seeing a Pine Tree Waste truck parked near a house there was a real surprise.

Bethel's basketball court

Recent news about additional, sizable donations coming into the basketball court fund should be pleasing for those hoping to see an outdoor court coming to fruition. But the question I have is who and where are the players? Are there teams of local players now who have been playing someplace else? Are there local individuals who like to get together and play?

Bethel's Recreation Committee report in the annual town reports tells of enthusiastic basketball activity during their win-

Briefly

Albany cyclist injured

BETHEL-An Albany Township cyclist was seriously injured Friday in a collision with a van on Route 5, according to Deputy Andy Whitney of the Oxford County Sheriff's Office. A gray van driven by Anthony Casella, 47, of Turner sits beside Route 5 in Bethel after a collision with bicyclist Jay Herr, 80, of Albany Township around noon on Friday. Herr was taken to a hospital with serious injuries, Oxford County Sheriff's Deputy Andy Whitney said. Casella was not injured, the deputy said. Cyclist Jay Herr, 80, had serious injuries and was taken to a hospital by Bethel Rescue and PACE Ambulance, Whitney said. Herr was wearing a helmet at the time of the crash. The van driver, Anthony Casella, 47, of Turner, was not injured, the deputy said. There are no charges at this time and the investigation is continuing, Whitney said (as of Tuesday there were no further updates on the investigation, according to OCSD officials). The Bethel Fire Department and Waterford Fire Department assisted with traffic control, and Route 5 was shut down as the Sheriff's Office reconstructed the scene, Whitney said.



The Bethel Farmers Market this past weekend.

D. Bennett

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The Way I See It

by Sharon Bouchard

From the TWISI archives:
"The days dwindle down to a precious few." That line from an old song sure hits it right on the head as far as summer is concerned. The kids are back in school, Labor Day has come and gone and some of the trees are starting to change color. Apple picking is underway, the night temperatures are dropping and county fairs are starting up. It sure feels and smells like autumn.

What to heck happened to summer? It can't really be ending. I still have watermelon in my fridge! Maybe it's just me, but it seems like summers are not quite as long as they used to be.

In May I made a list of things I wanted to do this summer. The list included various outside chores and projects that should be done and activities I'd like to do. Now that we're into September I have changed the header on the list from "To Do List" to "Wish I Did List."

I wish I had planted all those annuals I bought back in June. I had a great vision of the new flowerbeds I would create and all the blooming color I would enjoy all summer long. My plan was to dig up and create the flowerbeds during my vacation in mid-June, but it rained the entire vacation. I know a little rain wouldn't have hurt me, I certainly wouldn't have melted, but I was sure a sunny day would dawn before vacation ended. Well, it didn't and the next thing I know it's September and I've got a big bunch of dead flowers on my front porch.

I wish I had taken down the Christmas lights from the front porch that now houses the dead flowers. I was going to do that over

the Memorial Day weekend, but something came up...like a good book. I just can't pull myself away from a good book for something as unimportant as removing Christmas lights.

Because the lights were still up when I was thinking about the beds I didn't get ready for the annuals, I had the idea to put window boxes along the front of the porch where there is a string of white lights. That would have been very enchanting, but for some reason I never got around to doing that.

On the plus side, I guess I won't have to worry about

I blame the rest of the family for those events not happening. I tried, I really did, but whenever I mentioned the idea I found that my children were just too busy planting flowers and working around the outside of their houses. I guess they don't realize that they can put that kind of thing off for later.

I wish I had gone for more walks this summer. Actually, I didn't go for any walks at all. Every time I thought about taking a nice stroll it rained or was too hot or I decided I would be too busy planting flowers that never got planted.

My intentions were really good. It would have been a nice way to combine exercise with some leisure time, but the next thing I knew it was September. I know, I can walk in September too, but now I have to take the time to get rid of those darn dead plants.

I wish I had gone berry picking. I had planned to make a lot of strawberry jam, but that season got away from me. I was going to pick a lot of blueberries and freeze them to use in muffins and pies throughout the winter, but that season was shorter than I expected. I don't even know what happened to raspberry and blackberry seasons. I guess they got away from me too.

It is really amazing how fast the time goes by. Now it's September and before you know it the snow will be falling and the temperatures will be plummeting.

But, September can be a beautiful month and the way I see it, it will be a good month to spend some time sitting on my front porch among the dead flowers and Christmas lights whiling away the hours doing a little wishing.

I wish I had planted all those annuals I bought back in June.

putting up the Christmas lights in December.

I wish I had gone to some of the outdoor concerts that take place throughout the summer. I don't have a good excuse for not doing that. Rain was not the issue, but failing memory did play a role. You just can't go to something if you don't remember it until the day after.

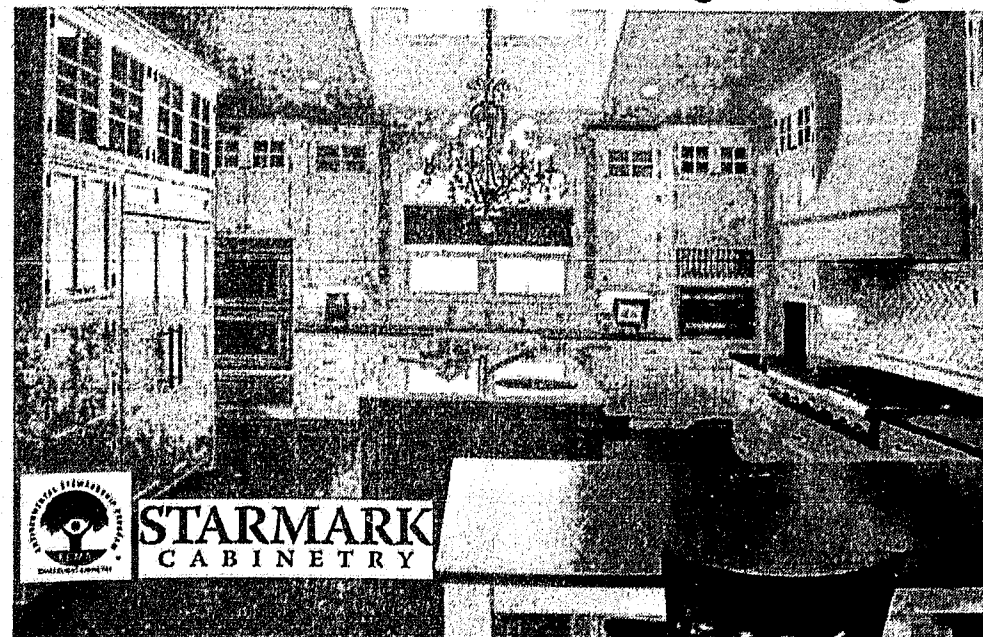
If you put "Go to summer concerts" on your "To Do List", it's a good idea to put the dates too. I wish I had thought of that.

I wish I had organized more family cookouts. We did have a nice one on the Fourth of July, but there were several nice weekends after that when we could have gotten together.

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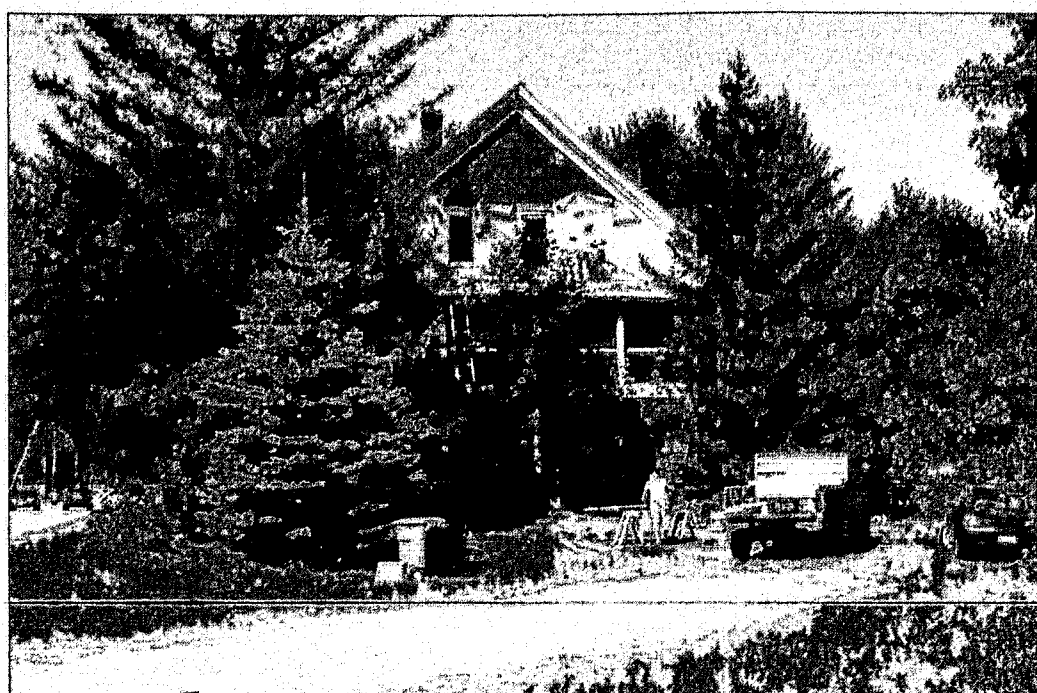
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Left: The former Skillings Steam Mill store and clubhouse gets new siding. Above: Bethel Airport had a quiet weekend, but the plane lineup looked good. D. Bennett

ter program. Will that enthusiasm continue when school is out? Who are the winter basketball players?

The Davis Park skateboard park saw a big push in 2008 and 2009. During the summer months for the next few years a sizable crowd of skateboarders were active at the park. Throughout this summer in particular, I have noticed that most of the users are younger kids with bikes with parents present or young teen agers with bikes but only a very few skateboarders. Many summer days went by this year with little

or no skateboard use and only one or two bikers. So the question I have will lots of money and effort go into a basketball court that will see little use after a few years? Today, for instance, as I was ready to write this week's news page, I took a break and drove to the skateboard park to see what was going on. One guy was trying out his skateboard and there were two younger boys with bikes.

On the other hand, the children's playground section of Davis Park gets a lot of use and the parking lot is often nearly full.

Bethel

By LINDA HOWE



Hello Bethel Citizens! Did folks know there is a new studio in Bethel? It is

called Leapz & Beatz. Patti Truman is offering fitness services at her studio which is located 1 mile up on the Grover Hill Road. Patti has been offering Zumba classes since being certified in 2009. Monday and Wednesday she offers a 4 p.m. to 5 p.m. Zumba class. Great way to burn

calories while having fun at the same time!

Patti also offers TRX training, personal training services and mini boot camp. She also can provide hypnosis for sports improvement and weight loss. Patti can be reached on Facebook through Western Maine Zumba or by reaching her by phone at 824-3259. Congratulations Patti Truman on opening Leapz & Beatz for our Community!

My husband, Bob Howe and I were guests at the wedding of Bailey Davis to Noel Lindgren on Aug. 27. Bailey is the daughter of Tammy and Vernon Davis. Her maternal grandparents are David and Judy Brown and paternal grandparents are Larry and Mary Davis all of Bethel, Maine. Noel Lindgren is the son of Kathryn and Allen Lindgren from Yarmouth, Maine. The wedding service took place on The Island located on Lake Christopher. It was a fun start with a boat ride to the Island. The weather was picture perfect. The ceremony was

emotional with a lots of meaning and sincere feelings being shared with the wedding guests. Beautiful to witness.

After the return boat ride from the Island to the Maine House in Bryant Pond guests enjoyed food and merriment. The wedding feast was delicious with most of the food coming from Bailey and Noel's garden. Bethel native, Andrew Raymond and crew did an excellent job preparing and serving the meal. The evening continued on with folks "kicking up their heels" with the Colwell Brothers Blues Band. This band was a hoot! They are from Southern Maine and are a group of friends who have been playing together for 30 plus years. Talented musicians who really know how to light up a room with dancing and fun. The wedding guests came from near and far. Out of town guest traveling from many parts of the country like Florida, Hawaii, California, Montana, Tennessee and Colorado to be part of this celebration.

It was a GREAT wedding.

We have known Bailey Davis Lindgren all her life. It just seems like yesterday being at the Telstar gym in February of 2008 to witness her scoring her 1,000 point during her basketball years as a Telstar player. Where did the time go? Congratulations to Bailey and Noel on your recent union as husband and wife.

I would be happy to share more good news with the Bethel Citizen readers. I can be reached at howe7273@gmail.com or by calling 824-2328.

East Bethel

By WALLY RITZ



What perfect weather for the last big hurrah of Summer. This is not

meant to belittle Labor Day and its meaning. A great big thank you to all the laborers who did have to work to keep things going for all of us. The latest tropical storm sadly is not

From the OCS

Patrol Log

Monday, Aug. 29

At 5:07 p.m. Deputy Andy Whitney received a report of an alcohol offense in Bethel. A vehicle matching the description was stopped and no offense was witnessed.

Tuesday, Aug. 30

At 11:21 a.m. Deputy Derek MacDonald received possible information in Bethel.

At 1:27 p.m. Deputy Derek MacDonald received a harassment report in Bethel.

Wednesday, Aug. 31

At 9:17 a.m. Deputy Derek MacDonald received information about a possible break-in in Bethel.

Thursday, Sept. 1

At 7:34 a.m. Deputy Andy Whitney ran radar in the Telstar school zone in Bethel. One vehicle was stopped and given a warning for speeding in the zone.

At 8:51 a.m. Deputy Andy Whitney received a report of stolen property from Telstar High School.

At 1:54 p.m. Deputy Andy Whitney received a report of criminal mischief

in Grafton Notch State Park. Investigation was ongoing.

At 9:36 p.m. Deputy Derek MacDonald received a report of a subject staggering on the West Bethel Road in Bethel. The person was checked and given a ride.

Friday, Sept. 2

At 11:08 a.m. Deputy Andy Whitney took a report of drug activity in Bethel.

At 11:50 a.m. multiple OCS units, Bethel Rescue and PACE and Bethel and Waterford fire departments responded to the intersection of Skillings Road and Songo Pond Road in Bethel for a car-bicyclist accident with serious injuries to the cyclist. The cyclist was taken to the hospital.

Sunday, Sept. 4

At 4:39 p.m. Deputy Steve Witham responded to the Rabbit Road in Bethel for a trespassing issue. The Warden Service was assigned the investigation.

At 8:42 p.m. Deputies Steve Witham and Andy Whitney received a report of a threat complaint on the Intervale Road in Bethel. Parties were contacted and verbal harassment orders were issued.

Monday, Sept. 5

At 8:30 p.m. Deputy Steve Witham met with a subject regarding a harassment complaint. Another law enforcement agency was contacted to issue a warning.



The Androscoggin River Bridge on Route 2 opened both lanes for Labor Day weekend. D. Bennett

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Reese is a mixed breed Miniature Pinscher. It's not difficult to understand how he got his name when you see his coat with its dark and light brown pattern. Everything is an adventure to Reese. He gets very excited when he meets new people. He is eager to learn new commands and he is working with his handlers on his good manners training.

Reese loves to be outdoors. He runs and runs around the play yard and does not like to go back inside. His new home should have an enclosed yard where Reese can have fun playing.

Although Reese is a small dog, he is not a lap dog. His high energy level is not right for a family with children. He will thrive with someone that will give him a job to do or train him in canine sports.

Anyone interested in adopting a pet from RPC can visit the shelter at 9 Swallow Road in South Paris Tuesday-Sunday 12-4 p.m. Most of the adoptable pets and the adoption application can be found online on the shelter's website at www.rpc.petfinder.com.

For answers to questions about adopting or fostering a pet, or to make an inquiry about a lost animal, call Responsible Pet Care after noon at 743-8679.

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be closed to traffic beyond the Newells' house during construction, and I assume that there will be at least some days when boats won't be able to enter or leave North Pond, either, which is bound to cause a bit of a stir.

The town of Greenwood was honored with the gift of several pieces of artwork on the occasion of the Bicentennial Celebration: a watercolor painting of the Town Hall by Betsey Foster, a canvas-mounted photograph of Indian Pond from Pat and Henry Stewart, a set of the Bicentennial post cards printed by the Greenwood Historical Society and mounted and framed by Norman Milliard, and a painting of white birches in Greenwood by Peter Musso. Thanks to all of these generous and talented artists!

Some of you may have heard that Alan Dunham is hospitalized and recovering from a major heart attack. I received the following information from his mom, Sandy Morgan, recently:

"On Sunday, Aug. 28, Alan suffered a massive heart attack at home after a morning run. Paramedics rushed him to Albany Med in Albany, N.Y. After insertion of three stents for two blockages, he was in a medically induced coma, and Wednesday afternoon began his recovery.

At this time, he is alert and talking and visitors are welcome. No date of discharge has been given. Alan has a long road to complete recovery and cards are most welcome at: 258 Ferry Blvd., So. Glens Falls, NY 12803."

Alan grew up in Greenwood and graduated from Telstar in 1979. He is the son of Sandra Martin Morgan of South Glens Falls, N.Y. and the late Herbert Dunham of Greenwood.

Please keep Sandy in your thoughts and prayers, too, as she is also caring for her husband, who is ill, and I'm sure she'd like to know that her friends in her hometown are thinking of her.

Email your news to amy.w.chapman@gmail.com, find me on Facebook, or give me a call at 890-4812.

Newry

By DOUG WEBSTER



Wow, there sure was a lot of traffic this weekend here at the corner. Between

residents going home and Canadians going the other way, Route 26 and Route 2 were extremely busy. What a great weekend for camping and whatever endeavors people were on; the weather was perfect and it was a great way to end the summer.

I played golf at the Sammy Chapman Golf Classic and Music Festival this weekend. What a great time and event. The weather was perfect and 10 teams of 4 and 1 team of 5 had a great time on the course. This year's winning team was Brady Chapman, Nick Chapman, Loretta Long, and Georgia Gould.

They really crushed the course; if I remember I think they were 17 under! Brady and Loretta decided to give the proceeds of this year's tournament to The Eddy School. Deb and I would like to thank Brady and Loretta and everybody in the tournament for the generosity - especially to the people who won prizes and gave them back toward the proceeds. It's a great thing knowing they will go towards scholarships to help local students who seek an alternative education. This event is helping The Eddy School reach its goal of finances never being a barrier for a student who should be at The Eddy School. After the tournament, the bands started playing and the music was awesome. What a great tribute to Sammy to see all the different musicians getting together. I had to leave before the evening performance, but everyone that played that I saw was great. Sammy would have loved it all; he sure was the Maine treasure and is surely missed.

Remember that school is in session and school buses are lumbering down our roads so drive carefully. If necessary leave extra time to get where you are going. Have a great week. If you have something you want me to put in this column, please call me at 743-0583 and leave a message.

Remember that school is in session and school buses are lumbering down our roads so drive carefully. If necessary leave extra time to get where you are going. Have a great week. If you have something you want me to put in this column, please call me at 743-0583 and leave a message.

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TOURNAMENT BENEFITS EDDY SCHOOL-This year's Golf Tournament and Music Concert in memory of Sam Chapman, which took place this past weekend at the Bethel Inn & Country Club, donated the proceeds to the Eddy School Scholarship Fund. Pictured are, from left: Brady Chapman, Deb Webster of The Eddy School, and Loretta Long. Submitted photo

drought and in need of as much rain as we can get. Our rivers and lakes are all low. I have never seen the Crooked River so low. That being said, I have to agree with the writers in Rumford and Andover who warn us about not selling our water to the a Poland Spring, a private company so they can make money and we run the danger of our wells going dry. For now, I am trying to drink our tap water and hope for the best. Even they have been low dues to the drought.

Been missing most of what happens around here. Although I am technically moving back to the Waterford house, I will still be spending hours at the camp. That means it is hard to reach me. I still get messages at the house at: 743-0583. My cell phone is very unreliable at the camp. Although all advertising to the contrary, we live in one of the many cell dead zones. Even in Waterford, cell service is often unreliable. Guess we are not one of their designated hot spots.

Fri., Sept 9 there is a coffee hour from 10-12 at the Waterford Library. All are invited to meet with your neighbors. FMI call 583-2050.

Monday, Sept 12 2-4 the knitting group meets at the Waterford Library.

Monday, Sept 12 6:30-8:30 Socrates' Café meets at the Waterford Library. The topic is: Obesity, A big problem. The moderator is Bob Casimiro. Refreshments are served. FMI Call: 583-6957. That is a very timely topic as they

just said that Maine has a real obesity problem.

Dave and I had our 13th anniversary last week - Sept 1. Hard to believe it has been that long. Sept. 17 is Dave's birthday, so be sure to wish him a Happy Birthday is you see him next week.

Next week, Sept. 16 is the Full Harvest Moon. That should be nice. I may have to be at camp to fully appreciate it. The stars are not as good here as at camp because people leave lights on all night. At camp. That is not the case. I like the dark and the start lights, of course I cannot go anywhere without a flashlight, but that is true here, too.

Remember that school is in session and school buses are lumbering down our roads so drive carefully. If necessary leave extra time to get where you are going. Have a great week. If you have something you want me to put in this column, please call me at 743-0583 and leave a message.

Bryant Pond

By ALICE HOYT



Judith Grover Tent #17 DUVCW will meet at the Grange Hall for a regular meeting on

Monday, Sept. 12 at 7 p.m. Franklin Grange will hold Installation of Officers on Monday, Sept. 19. There will be a 6 p.m. pot luck supper followed by a meeting and installation at 7 p.m. The Whitman Memorial Library in Bryant Pond

Agriculture and Conservation Day at Oxford Fair

This year Agriculture and Conservation Day at Oxford County Fair will be held on Wednesday, Sept. 14, from 8 a.m. until 2 p.m. at the Oxford County Fairgrounds in Oxford. This day is traditionally set aside for children up to sixth grade to visit the fair and learn about the many aspects of agriculture and conservation. The event is free of charge for all children and their parents or support personnel, but in order to receive support materials and any gifts items the children must register with Oxford County Soil & Water Conservation District. Support materials include grade-specific study materials to help prepare your child for their visit to the fair and a list of books that relate to the subject. This year the theme is "What Would You Like to Do When You Grow Up?" and professionals from the following careers will be on hand to talk to the children about what they do: Agriculture Education, Ecologist, Engineer, Entomologist, Farmer, Forester, Forest Ranger, Land Trust, Landscape Architecture, Outdoor Education and Recreation and Soil Conservationist. In addition, there will be the usual demonstrations, exhibits and games. Oxford Police and Fire Department will be on hand to "meet and greet" the children and they are invited to explore the exciting world of police cruisers and fire trucks! They will also be able to learn about fire safety by visiting the Norway Fire Department's "Smoke House" and the First Aid Station will teach them general emergency first aid.

There will be many farm animals to visit and various demonstrations will be running all through the event. The horse and wagon rides are always a special part of the children's visit.

Cooper Farms of West Paris has once again generously donated apples for all the children. You may purchase lunch at the fair or bring a picnic lunch to enjoy on the grassy area under the old oaks beside the pulling ring.

If the weather is overcast or we have sprinkles, the event will still take place, but in case of heavy rain it will be canceled. Listen to WOXO for any updates the day before the event.

will start their programs on Sept. 22 at 2 p.m. Guests will be artists Charlotte Winchester and Julie McGown. They will present a demonstration on "Gel Printing." Several of their prints are hanging in the library now. Come and see how they are printed. The public is invited to attend at no charge and light refreshments will be served. The Woodstock Historical Society will meet at the Universalist Church on Grove Street on Saturday, Sept. 10 at 1 p.m. This is for repair and cleaning work. The September

meeting will be held at the church at 4 p.m. All are welcome to attend.

Services at the Baptist Church are Sunday School at 9:15 for all ages, Morning Worship at 10:30, Evening Services at 6 p.m. Wednesday evening at 6:30 is Mid-Week Service, also Bloom for Girls.

Sunday, Sept. 11 is Special Missions Sunday. The Gibbons family will be present all day. They are missionaries to Argentina. Tuesday, Sept. 13 is Ladies Coffee Cup Devotions at 9 a.m. All ladies are welcome to attend.

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WMNF Moriah Brook Bridge removal begins this week

Forest Service trail crews will begin to remove the Moriah Brook Bridge on the Wild River Trail this week. This bridge was severely damaged during Tropical Storm Irene in 2011 and its deterioration has been monitored since then. The campground side abutment has been slowly and consistently pulling away from the eroding bank. Structural engineers determined the abutment was failing and the bridge was closed to pedestrians in September 2015.

"The bridge is a safety concern and a hazard," stated District Ranger Jennifer Barnhart. Employees were on watch this winter season, recognizing the ice out or a high water spring event could take the bridge out. Ranger Barnhart continues, "If it goes on its own, there could be consequences to downriver infrastructure. Removing the bridge avoids this, but more importantly it removes a safety hazard to the public. We are concerned, despite warning and closure signs and

barriers, hikers are still using the bridge. We don't want anyone to get hurt." Safety is a concern and now that the bridge will be removed, hikers will have to make some decisions. Hikers are advised they should be prepared to forgo the river, take an alternate route, or perhaps even plan a different hike. As with any water crossing, visitors need to gauge their hiking ability, watch the weather, and understand that even a small amount of precipitation can make a river that was passable in the morning, unpassable later that same day.

While crews will begin the deconstruction process, the actual fate of this crossing is yet to be determined. "We are gathering information and ideas about what happens here next," says trail manager Helon Hoffer. The District is looking at several options and invites the public to get involved by contacting the Androscoggin Ranger District at 603-466-2713.

Rumford Hospital to host Walk with a Doc program

Rumford Hospital is encouraging Rumford residents to take a step toward better health with Walk with a Doc, a health program that brings doctors and patients together to walk every Wednesday beginning September 14th thru October 12th at 5:30pm at Hosmer Field in Rumford.

Walk with a Doc is a national non-profit organization whose mission is to encourage healthy physical activity in people of all ages and reverse the consequences of a sedentary lifestyle in order to improve the health and well-being of the country.

"This program has had tremendous participation and success in hundreds of cities around the country," said Dieter Kreckel, M.D. "I'm very pleased to bring this exciting and simple program to Rumford as it has shown such improved health results for countless people around the country."

The Walk is open to the community. Participation is free and pre-registration is not required. Walkers will enjoy a refreshing and rejuvenating walk with healthcare professionals, who will provide support to participants and answer questions during the Walk.

"Walk with a Doc is honored to team up with Rumford Hospital. By incorporating this program into the practice, the hospital and family practices are demon-

strating an exceptional level of care and commitment to their community," said Dr. David Sabgir, founder of Walk with a Doc.

Why walk?

"There's no question that increasing exercise, even moderately, reduces the risks of many diseases, including coronary heart disease, breast and colon cancer and Type 2 diabetes," said Dieter Kreckel, M.D. "Research has even shown that you could gain two hours of life for each hour that you exercise regularly."

According to the American Heart Association, walking as little as 30 minutes a day can provide the following benefits:

- Improve blood pressure and blood sugar levels
- Help maintain a healthy body weight and lower the risk of obesity
- Enhance mental well-being
- Reduce the risk of osteoporosis

Rumford joins a growing list of communities nationwide that have started local Walk with a Doc (WWAD) programs. WWAD was created by Dr. David Sabgir, a cardiologist with Mount Carmel Health Systems in Columbus, OH. He has Walked with patients and community members every weekend since 2005.

Learn more about Walk with a Doc at www.walkwithadoc.org.

SWOAM program: Non-traditional forest products

The Western Maine Chapter of SWOAM in cooperation with the Oxford County Soil & Water Conservation District will present a program on Non-traditional Forest Products on Tuesday, at 1 p.m. Sept. 20.

The program will be led by David Fuller, who is an Agriculture and Non-Timber Forest Professional with the University of Maine Cooperative Extension. He works with farmers and other woodlot owners to realize income from non-timber forest products between timber and pulp harvests. Some things that are considered non-timber forest products are:

fiber, food, herbs and medicinal, Maine Woods Icons (balsam pillows, walking sticks), ornamentals resins and seeds.

The program will begin at 1 p.m. at the First Baptist Church of Paris located at 500 Paris Hill Road with a PowerPoint presentation. Following the presentation there will be a Walk 'n Talk at a local landowner property. Registration is not required. Please dress appropriately for the weather.

Please call Jean Federico at 743-5789, ext. 111, or email oxfordcountyswd@gmail.com for more information.

West Paris Historical Society to hold yard sale

The West Paris Historical Society will hold an indoor yard sale on Saturday, Sept. 24, from 8 a.m. to 2 p.m. There will also be a bake table, and refreshments will be for sale. Proceeds will

help support the activities of the historical society.

Tables will be for rent at \$10 a table, with a \$5 deposit. To reserve a table, or for more information, call 743-6733.

Katharyn Sloma joins Bethel Family Health Center

Katharyn Sloma, LCSW is joining the provider team at Bethel Family Health Center this fall to expand Bethel's behavioral health services for area individuals and families who access their healthcare at the practice. "I will work collaboratively with Bethel providers to assist patients in developing skills to improve their wellness. I encourage individuals to build on their own strengths and experiences to further support change and growth."

Katie has been providing clinical social work services within a medical practice for six years and general social work in school and residential settings previously. She has a Masters of Social Work degree at University of New England in Biddeford (2007) after obtaining psychology and business administration undergraduate degrees at Houghton College, NY (2005).

At the health center, Katie will work alongside physicians, Rich DeCarolis, Catherine Chamberlin and Kevin Finley, as well as clinical social worker, Leslie Lufkin. In addition, Sharon Smith-Bouchard offers oral hygiene services to children and adolescents.



Leslie Bradbury joins Swift River Medicine

Leslie Bradbury, M.D., has joined the clinical staff at Swift River Family Medicine, a part of Rumford Hospital, located in Rumford.

A family physician, Bradbury is a recent graduate of the CMMC Rural Track Family Medicine Residency, a unique residency training program offered at Rumford Hospital as part of Central Maine Medical Center's family medicine residency program. In her final year of the program, Bradbury was the rural track chief resident.

The rural training track offers family medicine residents real-world experience at Swift River Family Medicine and Rumford Hospital for the last two years of their residency. Since its inception in 2005, nine residents have graduated from the program. CMMC is the only hospital group in New England, and one of only five in the eastern U.S., that offers a Rural Track Program as part of its residency programs.

Previous to going through the CMMC Rural Track Family Medicine Residency as Swift River, Bradbury was earning her

medical degree at the University of Vermont College of Medicine in Burlington. Valedictorian of her graduating high school class at Buckfield Junior Senior High School, in Buckfield, Bradbury went on to receive a bachelor's degree in science from the University of Maine, graduating summa cum laude with highest honors, with a focus on biology, chemistry, and psychology.

Besides offering numerous presentations and publication pieces on health-related topics, Bradbury, who lives in Greene, is a fan of baking, gardening and canning. In her spare time, she likes snowshoeing (in the winter) and singing (year-round).

In 2008 and 2009, she worked as a volunteer emergency medical technician with the Buckfield Rescue Department. From 2009 to 2013, Bradbury served with the Christian Medical and Dental Association, acting as the group's University of Vermont chapter co-president.

Bradbury is a member of the American Academy of Family Physicians and the Maine Academy of Family Physicians.

Bradbury practices at Swift River Family Medicine in collaboration with Said G. Daoud, M.D., Dieter Kreckel, M.D., John E. Kroger, M.D., Jeffrey J. Lynds, M.D., Emily McCue, F.N.P., Shayna K. Shackford, D.O. and Lisa M. Torgersen, M.D.

Offering a variety of special services including preventative care, obstetrics-gynecology, and mental health, Swift River Family Medicine provides care to individuals of all ages in a family oriented setting. The practice's staff treats patients of all ages with all types of chronic disease and acute health issues.

The practice is committed to educating patients and staff, and care providers participate in teaching both medical students and nursing students. Swift River Family Medicine providers have been recognized for providing high quality patient care by Anthem Quality Insight, Pathways to Excellence, and the National Committee for Quality Assurance.

The practice is part of Rumford Hospital, located in Rumford. It can be reached by calling 369-0146.

Telstar Fall Sports preview

Cross Country

By Nathan Fournier, Sun Media

Coach: Willow Ochtera (third year)
Last year's result: Girls: Fourth at MVC.
Returning athletes: Boys: Junior — Gaelan Boyle-Wight, Sophomore — Ricco Call. Girls: Senior — Kristi Hanscom. Junior — Marta Opie. Sophomore — Emily Hanscom.

Key losses: Carla Boyle-Wight, Kaitlyn Brown
Season outlook: Small team with all relatively new runners, but coach Willow Ochtera expects the team to grow as the season goes on. Gaelan Boyle-Wight and Kristi Hanscom are expected to have good seasons.

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Friday 9/9 6:30 Pregame

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Mahoosuc Kids

A full page dedicated to Mahoosuc Kids Activities

• Schedule of upcoming events

• Photos of past events

• Editorial from director Julie Hart

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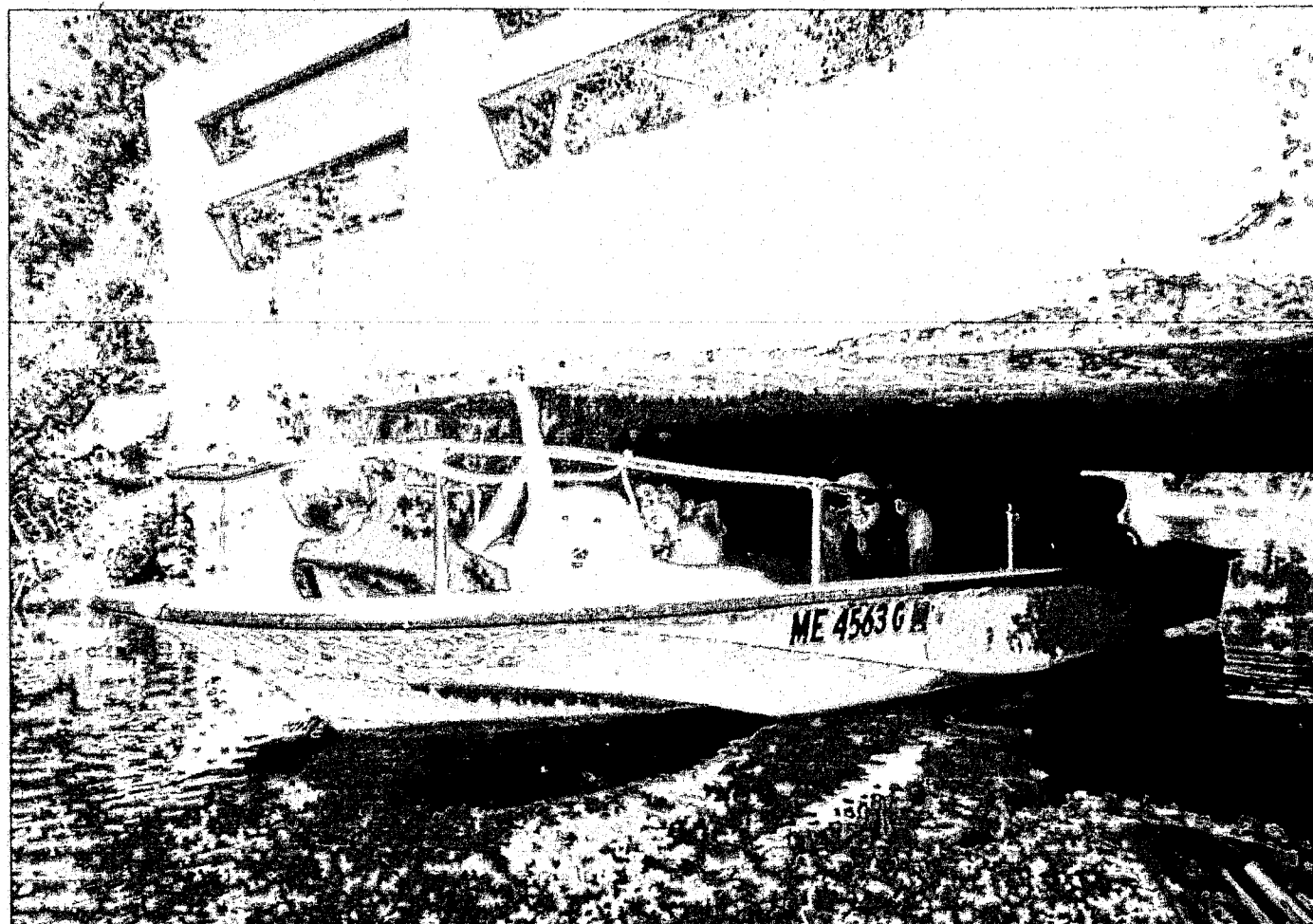
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Labor Day weekend on the water



Unlike the turmoil to our south stirred up by Hurricane/Tropical Storm Hermine, Labor Day weekend brought a spectacular three days of weather to Western Maine. Many people took to the lakes to enjoy it. Clockwise, from top left: an eagle sits near its nest by North Pond; a family ducks to pass under Johnny's Bridge in North Pond (the bridge was scheduled for replacement work beginning this week); the "Sheehan Family Flotilla" in North Pond; a swimmer jumps into North Pond from Rock Island; Littlefield's Beaches on South Pond; paddleboarders in South Pond; a fisherman casts for bass at sunset on North Pond.

A. Wight Chapman



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COMMUNITY CALENDAR

Thursday, Sept. 8

Sip and Paint the Town; at American Legion Post 81 in Bethel (Vernon Street), 6-9 p.m. Event is a fundraiser for the Legion. The subject painted will be a fall landscape. Price per person is \$35; space is limited. Free appetizers, coffee and tea, or bring your own beverage. To sign up go to Paintthetown-withme.com or call Frieda Charron at 757-870-4020.

Down Home Maine: The Ancestral Androscoggin Esker and Associated Glacial Landscape; 5-7 p.m., McLaughlin Auditorium, Gould Academy. Naturalist and environmental educator Bob Elliott will present a program on glacial impact in the Bethel area, including a look at local glacial landforms such as kames, kettles, and plunge-pit pot-holes. A focus will be the esker, a remarkable 70-mile gravel ridge that dots the landscape from Azischohos Lake to Cumberland. Sponsored by Western Mountains Senior College; free and open to the public. FMI: wmscollege.blogspot.com.

NAMI Family to Family course; previously set Sept. 1 in Norway has been postponed until Sept. 8 from 6-8:30 p.m. It is FREE for families and friends of persons living with mental illness. Contact: Dottie at 364-2197 or Christine at 1-800-464-5767.

Friday, Sept. 9

Benefit dance for Sam Miele; 4-11 p.m. at 49 Franklin, featuring the Hooligans. Early bird sales for basket raffles and 50/50 will start at 4 p.m. (no dance ticket required). The dance will be from 8-11. Tickets are a \$10 donation. All proceeds go to Sam and her daughters for her extensive medical bills and living expenses as she recovers from a dog attack. Advance tickets can be purchased at Trendsetters and Davis Florist. FMI: Mindy 357-4879 or Nancy 562-9255.

Harvest Supper; at Lovell UCC, Route 5 in Center Lovell. 5 to 6:30 p.m. Corned beef, cabbage, beets, carrots, potatoes, turnip, bread, pie, coffee, lemonade. Adults \$10, children under 12 \$4.

Andover Summer Concert Series; presents Pete Coolidge and The Acoustipalians along with an assortment of their jamming friends at the Andover bandstand at 6 p.m. The concert is free with donations appreciated to help defray expenses. Guest appearances by Brad Croteau, Anna Sysko, and Seth Gallant will be part of the evening's entertaining mix. Pictured are: Pete Coolidge, Tim Gallant, John Emery, Steve Simmons, and Mike Gallant.

Mollycokett Chorus performance; 7:30 p.m. at First Universalist Church of Norway. Cabaret style with table seating, munchies and refreshments. www.mollycokettchorus.org.

Saturday, Sept. 10

Down Home Maine: Field trip to the Androscoggin Esker; 10 a.m. - 12 p.m. As a follow-up to his presentation on Sept. 8, naturalist and environmental educator Bob Elliott will lead a field trip to view several sites along the "Ancestral Androscoggin Esker," a remarkable 70-mile gravel ridge that dots the landscape from Azischohos Lake to Cumberland. Sponsored by Western Mountains Senior College; free and open to the public. Meet at the south parking lot by the Gem Theater at 9:45 a.m. FMI: wmscollege.blogspot.com.

MEMIC Peak2Peak Challenge; 10 a.m. - 3 p.m. at Sunday River Resort. A new adventure race that spans Sunday River's eight mountain peaks. Competitors are challenged with reaching the summit of each peak in the shortest time possible. Website: <http://sundayriver.com/events-and-activities/events-calendar/peak2peak>

Woodstock Historical Society meeting; 1 p.m. at Universalist Church on Grove Street, Bryant Pond. This will be a work/cleaning afternoon. Regular monthly meeting will follow at 4 p.m. (at the church). All welcome.

Oxford Hills Honey Bee Club's workshop; at 1 p.m. at the Oxford County Extension Center, 9 Olson Road, So. Paris. Al Borzelli will speak to club members on all aspects of preparing your bees for winter. Weather permitting there will be an open hive, so bring your veils. FMI contact Chris at cpeaston@megalink.net, or visit mainehoneybees.com.

Texas Hold'em; Jackson-Silver Post 68, 595 Gore Rd., Locke Mills. Doors open at noon, games begin at 1 p.m. (new doors open and start times). 50/50, meals and beverages avail-

able. BYOB. Spacious & air conditioned. FMI - Ray/890-3737 or Dellie/875-2375.

Spaghetti Supper and Chinese Auction; at 5 p.m. at the Mexico Calvin Lyons Hall (below the town office.) to raise funds for the NAMI Western Mountains walk team, thereby making it possible for more NAMI programs and events to be brought to this western part of the state. Anyone wishing to donate to the Chinese auction, please call Sue at 418-7904 or Dottie at 364-2197.

Alder River Grange meeting; officers will join Lakeside Grange in Harrison for installation of officers with a 6 p.m. pot luck supper and the meeting at 7 p.m. The installation will be first and then Lakeside will hold their regular meeting.

Waterford World's Fair last dance of season; with the Two Tones, 8 p.m. - midnight, BYOB, 21+ event, \$10 per person. Held at the fairgrounds, 36 Green Rd, Waterford. For more information contact Lisa Scribner 890-7669.

Monday, Sept. 12

Socrates Cafe; meets at the Waterford Library from 6:30 pm to 8:30 p.m. Topic: Obesity: A Big Problem. Moderator: Bob Casimiro. Light refreshments provided. FMI call 583-6957.

Lake Region Community Chorus rehearsals start; for 4th annual Winter Concert. Singers of all levels of experience welcome - no audition required. 6 p.m. at Twitchell Chapel at Bridgton Academy in No. Bridgton. FMI: www.lakeregioncommunitychorus.org

Tuesday, Sept. 13

Harvest Supper Dance at Locke Mills American Legion Hall; Music by the Shadagee Ramblers. 5 - 9:30 p.m. Ham, cabbage, potatoes, carrots, turnip, beets, onions, bread and pies. Donations: Supper/Dance \$12. Supper \$7.00 Dance \$5. Doors open at 4 p.m.

Wednesday, Sept. 14

Bethel Senior Citizens Club; will meet at the Funky Red Barn for meeting and dinner. Meeting starts at 11 a.m. Menu is fish or prime rib and price is \$13. Reservations must be made before Sept. 1 by calling Arlene Lowell at 824-2877 with your choice.

MLT Into the Woods series: Hunting Wild Mushrooms; 7 p.m. at Gould's McLaughlin Auditorium, with Amanda Morin. A walk will follow Sept. 17 at 10 a.m. at MLT office, 18 Mayville Rd., Bethel.

Sept. 15 and 26

Hunter Safety Bow Class; an archery education course will provide a student with a wealth of knowledge regarding equipment, proper hunting methods, responsibilities, and general safety. Most classes will have some outdoor exercises. Passage of a final exam is required. You must attend both days of the class in order to receive your certificate. Limit 25. Classes will be Sept. 16 6 p.m.-9 p.m., and Sept. 25 8 a.m.-4:30 p.m. \$10 pp Telstar High School Library To sign up go to <http://sad44.maineadulted.org/> or call 824-2136 ext. 1340

Friday, Sept. 16

Mahoosuc Community Trails Symposium; at Mt. Abram Main Lodge. The Trails Symposium will bring together trail enthusiasts from all user groups to discuss an area wide trail systems and learn from a wide range of people around New England that have established successful trail systems. We hope this will be a catalyst to further develop a vision for a comprehensive multi-user Bethel/Greenwood Trail network. For more information visit www.mahoosucpathways.org

Oxford County Educators Association-Retired (OCEA-R) meeting; at Church of New Jerusalem on Oxford Street in Fryeburg. It is the first meeting after our summer break. Sign-ins will start at 10:30 a.m., business meeting at 11. Church will provide a meal at noon, and the program will begin at approximately 1. Program by Robin Taylor Chiarello, author of the book "Limbo!" The fundraiser will be a money basket for donations. Everyone who has retired as part of the school community is welcome, including school secretaries, librarians, bus drivers, and custodians.

Saturday, Sept. 17

Bethel Harvestfest & Chowdah Cookoff; 9 a.m. - 4 p.m. Celebrate the harvest and the beginning of fall foliage season with arts, crafts, music, a farmers' market, a chowder and apple pie cookoff, and more on the town common.

Team Hailey Hugs Walk a Thon; at Telstar's track. Registration begins at 8 a.m.; walk starts at 9 a.m. Proceeds of this years walk will help two children from the Bethel area fighting childhood cancer.

Take your pick: paddle, bike, hike, stalk mushrooms; Mahoosuc Land Trust is hosting four events as part of Great Maine Outdoor Weekend. All four will culminate with a community BBQ at noon at the MLT Office. Cider, burgers and dogs will be provided by the Land Trust. Please bring a side dish to share. Art Celebration opens at 11 a.m. and runs until 3 p.m./ Schedule: Hike: Meet at Austin Brook Trailhead on North Road, Shelburne, N.H., at 9:30 a.m.; Bike, Paddle and Mushroom Stalk: Meet at Land Trust Office at 10 a.m.; BBQ: Noon at the Land Trust Office; Special Children's Activities: Noon at the Land Trust Office; Mahoosuc Land Trust Office is located at 18 Mayville Road, Bethel.

Glorification Singers; Concert at 7 p.m. at the Bethel United Methodist Church at 79 Main Street in Bethel. This group of four men from New York has been singing together since 1990. Their mission is to spread the Word of God through music and testimony. No admission fee but an optional love offering will be taken at the door. The event is open to the community. All are welcome.

Turkey Supper; 4:30-6 p.m. at VFW Post 9787, 58 Lower Main Street, South Paris. Adults \$8, children 10 and under \$4.

Sunday, Sept. 18

Bethel Area CROP Walk; (Communities Respond to Overcome Poverty) will start with an ecumenical church service on the Bethel Common at 10 a.m. followed by a picnic lunch at 11 (bring sandwiches). The CROP Walk is 3 miles around the town of Bethel, starting at 11:30. 25 percent of the money raised goes to the Bethel Food Pantry; 75 percent goes to the Church World Service. Contact Eileen Opie for more information at 824-3121.

Finnish-American Heritage Society of Maine monthly meeting; 2 p.m. at 8 Maple Street, West Paris. Following our short business meeting, Tamara Cohen will present a program on the history of the sauna. The public is welcome to join in learning more about this famous Finnish institution and enjoying the coffee table.

Old-Fashion Hymn Sing; at the Rumford Point UCC Church, 7p.m. Guest musicians; refreshments served.

Tuesday, Sept. 20

Non-traditional Forest Products; program of the The Western Maine Chapter of SWOAM in cooperation with the Oxford County Soil & Water Conservation District, 1 p.m. at First Baptist Church of Paris at 500 Paris Hill Road with a PowerPoint presentation. Following the presentation there will be a Walk 'n Talk at a local landowner property. Registration is not required. Program by David Fuller, an Agriculture and Non-Timber Forest Professional with UMaine Cooperative Extension. He works with farmers and other woodlot owners to realize income from non-timber forest products between timber and pulp harvests, such as fiber, food, herbs and medicinal, Maine Woods Icons (balsam pillows, walking sticks), ornamentals resins and seeds. FMI: Jean Federico at 743-5789, ext. 111, or email oxfordcountyswcd@gmail.com.

Thursday, Sept. 22

Gel Printing demonstration; by artists Charlotte Winchester and Juli McGown at Whitman Memorial Library in Bryant Pond at 2 p.m. Their work is currently on display at the library. Come view their prints and see how they are created. The program is open to the public at no charge and light refreshments will be served.

Saturday, Sept. 24

Rabies vaccination and microchipping clinic; 9-11 a.m. at Norway Fire Station. Rabies \$10, microchipping \$25. Attending veterinarian Dr. Suzanne Best. Microchipping your pets will aid in locating them if they become lost or should a disaster occur. FMI 743-8679.

Western Maine Recovery Rally; 11:30-2, First Universalist Church, Norway to Moore Park, S. Paris. BBQ, music, speakers. FMI: Taylor@healthyoxfordhills.org.

Panel Discussion on Substance Abuse; 2:30-5:30 p.m. at First Universalist Church of West Paris, 208 Main Street. Free and open to the public. FMI: Suzanne Dunham 665-2967 or dunhamfarm@msn.com

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First Universalist Church of West Paris September Worship Services

Welcome back! In September we begin the church year after our summer hiatus.

This month, in particular, heralds new beginnings, the anticipation of a fresh start, as well as the briskness of autumn we are about to enter, and, a new and exciting worship service program.

Please join us for Sunday worship services at 9 a.m., provided by The Reverend Fayre Stephenson, guest speakers, and the Worship Service Committee. All are welcome to attend.

Sept. 11, "Water Communion" led by The Reverend Fayre Stephenson. Our summer sabbatical will end and the new church year will begin at our traditional Water Communion, a joyous service of ingathering.

Those attending will bring a small amount of

water from a place that is special to them. At the appointed time during the service, one by one, we'll pour our water into a large bowl. As we add the water, we'll tell those gathered why the water is special to us.

Sept. 18, "Ecologic Morality and Environmental Stewardship" led by The Reverend Dr. Fred Jordan. In the Book of Genesis we find the story of Noah and the great flood at a time when things seemed to be out of balance. Thick Nhat Hanh, a contemporary Vietnamese Buddhist Priest, reminds us that today's relationship of mankind with the earth needs a closer look.

Sept. 25, "Everyone Needs a Tribe" led by The Reverend Fayre Stephenson. We have a strong instinct to belong to small groups defined by clear

purpose and understanding - "tribes." This tribal connection has been largely lost in modern society, but regaining it may be the key to our psychological and spiritual survival. At this service, using Sebastian Junger's book, *Tribes*, as our guide, we will explore our need as a communal species for loyalty, belonging, and the eternal human quest for meaning, more...

For more information about the church and services, please contact Marta Clements, 674-2143, mclements96894@roadrunner.com, or Bob Clifford at 674-3442, bobarlen@megalink.net.

To learn more about Unitarian Universalist Association of Congregations, please visit <http://www.uua.org/>.

Age Friendly Community news

Throughout its 14 years, the Western Mountains Senior College has upheld the importance of serving the community through a wide variety of single-event presentations or discussions that are open to the public and free of charge.

The "To Your Health" program works in collaboration with the Bethel Family Health Center and MSAD44 Continuing Education to present health-related topics; the one on Oct. 6 is entitled "Dementia Conversations."

There are several "Down Home Maine" programs during the fall term, beginning Sept. 8; all feature presentations by community members with rich and varied talents, skills and adventures. "Brown Bag Lunches," by contrast, allow participants to have informal discussions around a pre-announced topic - over their bag lunches.

The first one is scheduled for Oct. 18.

Check the college's blog (<http://wmscolle.blogspot.com>) for more updates on programs - both public presentations and classes.

Another terrific community resource: the Gem Theater and its special movies and events. There's one coming up a week from today (on Thursday, Sept. 15). Kicking off the Great Maine Outdoor Weekend and co-hosted by Mahosuc Pathways and the Gem, a 6:00 social hour and 7:00 movies will all be covered by a \$10 fee. A variety of short films will be offered by the Maine Outdoor Film Festival, whose mission is to "celebrate the active outdoor community and inspire expression," featuring the work of Maine film-makers, bringing outdoor-related film festivals to Mainers, and supporting youth in the outdoors. FMI: Nancy Davis (nancydavis.bethel@gmail.com, 381-1110).

OCEA-R to meet Sept. 16

The Oxford County Educators Association-Retired (OCEA-R) will meet at the Church of New Jerusalem on Oxford Street in Fryeburg on Sept. 16. It is the first meeting after our summer break. Sign-ins will start at 10:30 a.m. The business meeting will be held at 11. The members of the church will provide a meal at 12:00 noon, and the program will begin at approximately 1 p.m. The program will

be presented by Robin Taylor Chiarello, author of the book *Limbo*. The fundraiser will be a money basket for donations.

Everyone who has retired as part of the school community is welcome. That includes school secretaries, librarians, bus drivers, and custodians. Join us for a good time, good food, and an interesting program.

Church Services

ALBANY

Congregational Church - Hunts Corner; 9:30 a.m. Sunday worship and Sunday School at 9 a.m.

ANDOVER

First Congregational Church - Linda Couture, pastor. Sunday morning worship 10 to 11 a.m. followed by brunch. All welcome. FMI: 392-3761.

Calvary Bible Church - Sunday School 9:30 a.m.; Sunday Worship 10:45 a.m. 1063 South Main St. 392-1121.

BETHEL

Bethel Alliance Church-251 Walker's Mills Road, Rev. Kevin Bellinger, Pastor. Sundays: 9 a.m. Sunday School; 10 a.m. Worship Service (Nursery care and Children's Church are available). Thursdays: 5-7 p.m. Middle & High School Youth Group. FMI: 207-824-2289.

Bethel Church of the Nazarene - 16 Church Street, Bethel. Sunday School, 9:30 (for all ages). Pastor Peter Carter, Morning Worship 10:30. Wednesday evening 6 p.m. Prayer and Bible Study. FMI, transportation or prayer please contact Elaine Carter 415-9136 or Juanita Korhonen Keene. 665-2528.

Bethel Episcopal House Church - Bethel House Church meets the third Sunday of each month at 3 p.m. The location will rotate among member homes and the Intervale Meeting House, and The Rev. Nancy Moore from Christ Episcopal, Norway, leads the service and Eucharist. All are invited. FMI contact Rosemary Laban at 850-766-1241 or Christ Episcopal Church at 207-743-6782.

Roman Catholic Church of the Holy Savior, Our Lady of the Snows - 265 Walker's Mills Road (Route 26). FMI: 824-2933.

West Parish Congregational - Church Street. Rev. Timothy LeConey. Sundays: 10 a.m. worship and Sunday School Sept.-May. Communion first week of the month. Tuesdays: 8:30 a.m., informal Prayer Group with coffee in the Chapel. All are welcome. First Wednesday of the month: 8 a.m., Mens' Breakfast Group. Entrance in rear of church. All events open to everyone. This is an open and affirming congregation. FMI: 824-2689.

United Methodist - 79 Main Street. Pastor Carol Stevens. Sunday worship service 9 a.m. FMI: 824-2027.

West Bethel Union - Morning worship and 9 a.m. Sunday School. FMI: 836-3533.

Pleasant Valley Bible - Pastor Dave Fraher. Sunday Services: Sunday School, 9 a.m.; Worship Service, 10 a.m. Ladies Bible study Tuesday, 2:30 p.m. Midweek Bible study and prayer, Wednesday 6 p.m. Awana Club Fridays 3:30 to 5 p.m. (Cubbies ages 3/4; Sparks Grades K-2; children may take bus from school). FMI: 836-2828. Visit us on our Facebook page.

Seventh Day Adventist Fellowship - Meets at the Nazarene Church on Saturdays, on Church Street in Bethel. Sabbath School 9:30 a.m.; Worship, 11 a.m. FMI: 357-7814.

EAST STONEHAM

Oxford County United Parish-Oxford County United Parish Churches in Stoneham and North Waterford - Services at 10 a.m. at the North Waterford Congregational Church (UCC), located on the Five Kezars Road, off Routes 35 & 37, opposite Melby's Market. (September and October services in East Stoneham) Services held

at North Waterford through the winter months. Choir practice 9 a.m., followed by Bible Study at 9:15 a.m.

LOCKE'S MILLS

Locke Mills Union - Pastor Sondra Withey. Sunday Morning Service and Sunday School, 9 to 10 a.m. Choir practice at the church every Friday at 6:30 p.m. Everyone is welcome. 875-3355.

NORTH WATERFORD/STONEHAM

Oxford County United Parish-Oxford County United Parish Churches in Stoneham and North Waterford - Services at 10 a.m. at the North Waterford Congregational Church (UCC), located on the Five Kezars Road, off Routes 35 & 37, opposite Melby's Market. (September and October services in East Stoneham) Services held at North Waterford through the winter months. Choir practice 9 a.m., followed by Bible Study at 9:15 a.m.

NORWAY/PARIS

First Church of Christ, Scientist - Sunday service 10 a.m., Wednesday Testimony service 7:30 p.m. 5 Morrill Rd./Rt. 118 (corner to Norway Country Club), Norway. Call 207-890-9944 FMI or ride.

Trinity Lutheran Church - Route 117, South Paris. Pastor Nancy Moore. Sunday morning service 11 a.m. with coffee, refreshments and good fellowship.

North Paris Federation- Morse Hill Road, North Paris. Sunday Service 8 a.m. Singers' operation third Sunday each month alternating with West Paris Baptist Church at 7 p.m. FMI: 689-8000.

Oxford Hills Friends (Quakers) - Sunday worship 9:30 a.m. at HOPE Ripley Center, High Street, South Paris across the park from the Post Office. FMI: call Ursula Brandon at 665-2880 or Sue Reilly at 966-2012.

Christ Episcopal Church - 35 Paris St., Norway. Services Sunday at 9 a.m. and Wednesday at 9 a.m. Holy Eucharist. 743-6782; e-mail christch@megalink.net.

First Baptist Church of Paris - On the Common at the top of Paris Hill. 10:30 a.m. worship service. Sunday School at 9:30 a.m. Coffee hour follows the service. Fellowship lunch held the first Sunday of each month following worship. Pastor Ron Blake. FMI 743-2491.

St. Catherine's - Saturday 4 p.m. Vigile Mass; Sunday 8:30 a.m. Mass. FMI 743-2606.

Unitarian Universalist Church of Norway - 11 a.m. worship. (Sept. - June) Child care is provided. Religious education classes 11 a.m. to 12:15 p.m. FMI 743-2828.

GORHAM, N.H.

Assembly of God - Sunday School 9:30 a.m., Sunday service 10:30 a.m., Sunday evening service 7 p.m., Wednesday Bible Study 7 p.m. FMI: 603-466-2851.

Gorham Congregational Church - Sunday morning worship, 10 a.m. Communion celebrated the first Sunday of each month. FMI: 603-466-2136.

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1
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Puzzles4Kids

by Helene Hovanec

CRISSCROSS – POPULAR BOYS' AND GIRLS' NAMES
Each word will fit into one spot in the grid. Use the starting letters as a guide and fit each word into its spot. All words will be used, so cross off each one after you put it into the grid.

3 Letters

AMY
CAL
ELI

4 Letters

EVAN
IRIS
LUKE
NORA

5 Letters

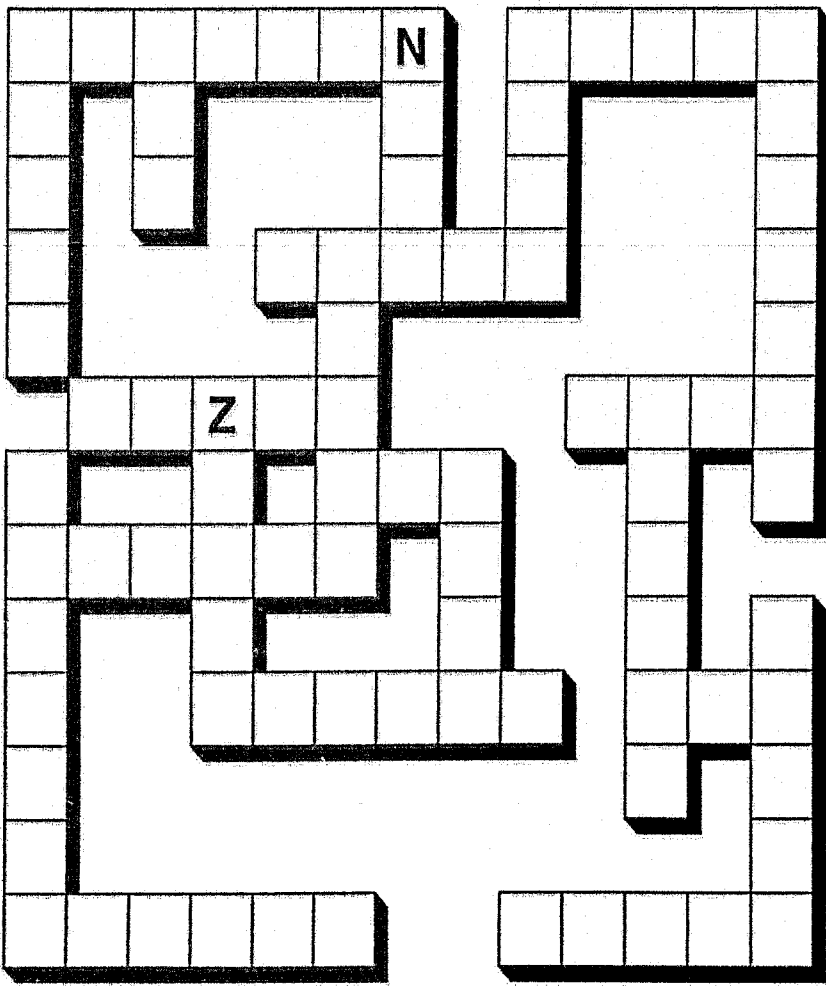
AARON
DYLAN
GRACE
HAZEL
JACOB
LAYLA
RILEY
ZELDA

6 Letters

ALYSSA
ASHLEY
VIVIAN
YVONNE

7 Letters

ANTHONY
JACKSON
ZACHARY



SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

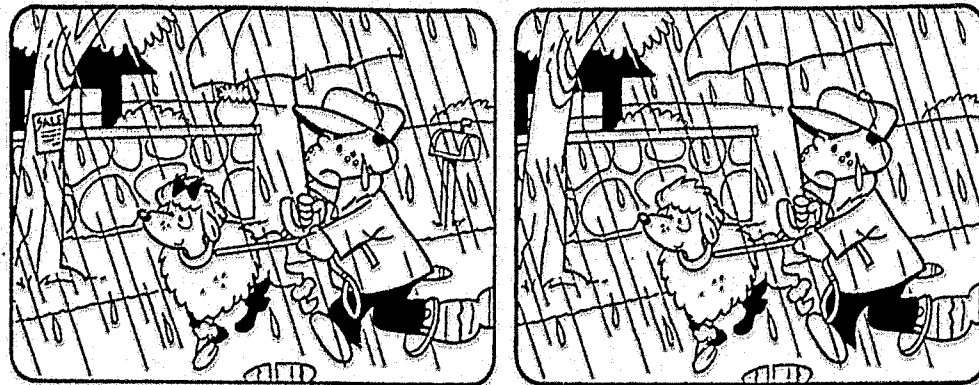
Caper
MERC I _ _ _
Austere
CHEATS _ _ _ _
Push
LOPPER _ _ _ _
Spre
BEGIN _ _ _ _

TODAY'S WORD

HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.



Differences:
1. Sign is missing. 2. Bow is missing. 3. Umbrella is smaller.
4. Plant is missing. 5. Leash end is missing. 6. Mailbox is missing.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: D equals I

DE Z VUNNYKY DJIGORVGUO QZLY

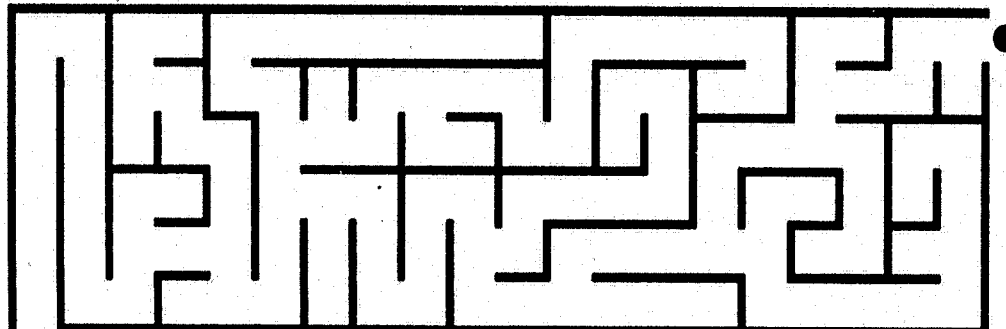
IUQY GZFDUVZ, VURNL PUR IZP

GAZG GAY FOUE DI DJ GAY

FRLLDJK?

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Kids' Maze

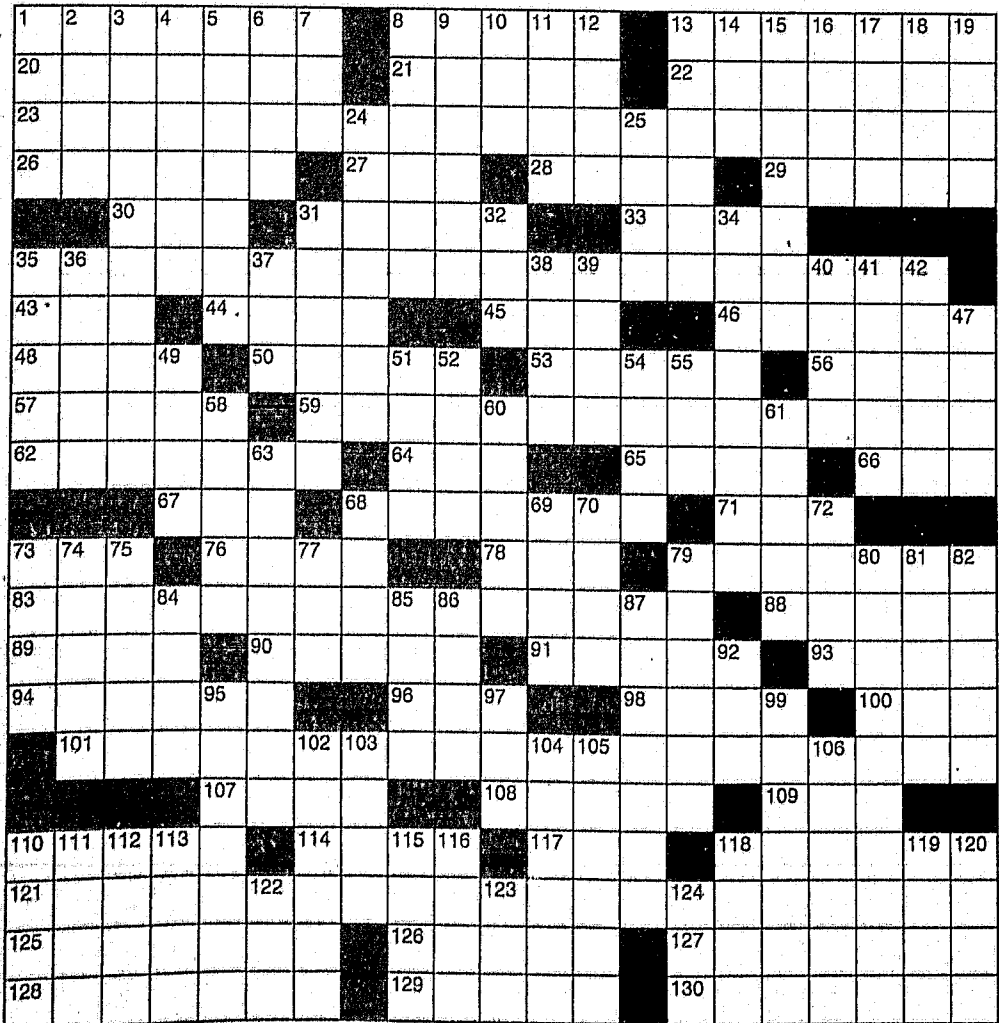


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Super Crossword

BODY OF LITERATURE

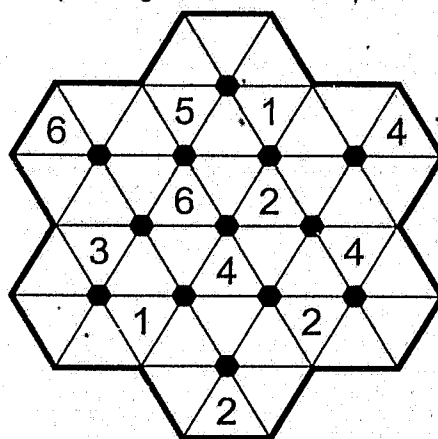
- ACROSS**
- 1 Kids' racers
 - 8 "Need —?" (driver's offer)
 - 13 Lamenting loudly
 - 20 Vary devoted fans
 - 21 Ecclesiastic deputy
 - 22 Tallinn locale
 - 23 Start of a riddle
 - 26 Bicycle pair
 - 27 Diamond cry
 - 28 Novi Sad native
 - 29 Bowling alley lineup
 - 30 Oath affirmation
 - 31 Covenants
 - 33 Nativity kings
 - 35 Riddle, part 2
 - 43 Beluga eggs
 - 44 Herr's Mrs.
 - 45 Burnside negative
 - 46 Magazine printer, e.g.
 - 48 Sothern and Dvorak
 - 50 Spirals
 - 53 1970s teen idol Cassidy
 - 56 "On top of that ..."
 - 57 Abbot's hat
 - 59 Riddle, part 3
 - 62 Attach with glue
 - 64 Apple's Cook
 - 65 Hill staffer
 - 66 Post-Q queue
 - 67 Part of SFPD
 - 68 Riddle, part 4
 - 71 "How exciting!"
 - 73 Women with
 - 76 Surrender formally
 - 78 Responses of rejection
 - 79 Rock Mel is one of her fragrances
 - 83 Riddle, part 5
 - 88 Coin-op openings
 - 89 Sunscreen additive
 - 90 Elbow-to-wrist links
 - 91 Party gloves
 - 93 Coal, e.g.
 - 94 Advil rival
 - 96 Sportscastr Berman
 - 98 — rock (Jethro Tull's genre)
 - 100 Nonsense song syllable
 - 101 End of the riddle
 - 107 Shipped
 - 108 Put — to (stop)
 - 109 "Rhinegold"
 - 110 Swiss — (beat type)
 - 114 Pleads
 - 117 Hostess — Balls
 - 118 Doc's stich
 - 121 Riddle's answer
 - 125 Puts holy oil on
 - 126 Old Oldsmobile
 - 127 Cut off
 - 128 Of Switzerland's capital
 - 129 Copier need
 - 130 Stirred up
 - DOWN**
 - 1 Catch a quick breath
 - 2 Garfield's canine pal
 - 3 Salt, relish and
 - 4 Pinball site
 - 5 List quickly
 - 6 Baseball Speaker
 - 7 Old booming jet, briefly
 - 8 Affirm frankly
 - 9 Ray of "Blow"
 - 10 "Ewww!"
 - 11 Online help sheets
 - 12 Sea 72-Down
 - 13 Place for suite spirits?
 - 14 Ending of enzyme names
 - 15 Right-leaning type
 - 16 1970 Kinks hit
 - 17 Wise to
 - 18 Three trios
 - 19 Chokes
 - 24 Perfectly
 - 25 — la Douce (film title role)
 - 31 Social protest with supplication
 - 32 Depot: Abbr.
 - 34 Got closer to, in a race
 - 35 Disney dog
 - 36 Old Aegean Sea region
 - 37 Kin of .com
 - 38 Wine holder
 - 39 Sly laugh syllables
 - 40 99-Down, for one
 - 41 Calculus pioneer
 - 42 Lies dormant
 - 47 Tooth part
 - 49 Court units
 - 51 Opposite of west, to Juan
 - 52 Thug's blade
 - 54 Lickety-split
 - 55 Major news agency, once
 - 58 Get to
 - 60 Church service cries
 - 61 Seeming eternities
 - 63 A sixteenth of a pint
 - 68 Celebrity cook Paula
 - 69 Sea arm, to a Scot
 - 70 Norway port
 - 72 With 12-Down, only partially accurate
 - 73 Sir's partner
 - 74 Give the OK
 - 75 Poky animal
 - 77 Fast Net connection
 - 79 Pippi creator Lindgren
 - 80 Juba is its capital
 - 81 Prenatal places
 - 82 Shia's faith
 - 84 Start for byte
 - 85 Galleria
 - 86 Found a purpose for
 - 87 Madriello's language
 - 92 Lay turf on
 - 95 "The end!"
 - 97 Magic's gp. ruler Boris
 - 102 Safe, to a ballplayer
 - 103 Runnin' Rebels' rivals
 - 104 Guarantee of
 - 105 Golden age
 - 106 Femme —
 - 110 Sourpuss
 - 111 Refine
 - 112 Ovid's love
 - 113 It pulls a bit
 - 115 Black fly, e.g.
 - 116 French town
 - 118 "Yes, yes!"
 - 119 Per-unit price
 - 120 Gawked at
 - 122 Lb. and kg.
 - 123 Still of films
 - 124 Up to, in brief



SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆

◆ Easy ◆ Medium ◆◆◆ Difficult

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Weekly SUDOKU

by Linda Thistle

		4	6			7	
2				5			9
6					2	1	
	5			8			2
		2			6	7	
6			3				1
3					1	4	
	7		4			5	
8		9					3

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ◆◆◆

◆ Moderate ◆◆ Challenging
◆◆◆ HOO BOY!

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Kids' Maze Solution

HORSEMAN

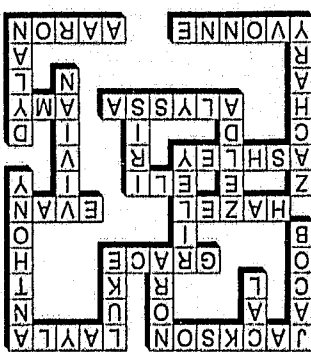
Today's Word

3. Propel; 4. Binge

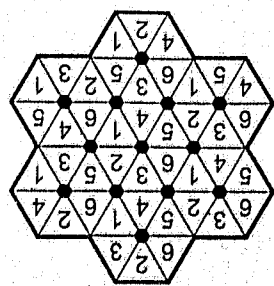
SCRAMBLERS

Today's Word

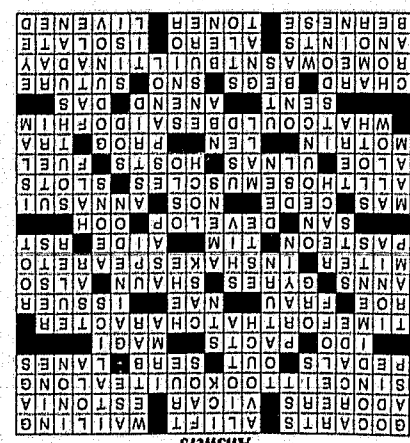
1. Crime; 2. Chaste; 3. Propel; 4. Binge



Puzzles4Kids



SNOWFLAKES



Super Crossword

4	8	6	7	5	2	1	3
1	9	7	2	4	3	6	5
3	2	5	8	6	1	4	9
6	4	3	8	2	7	5	1
8	1	2	5	6	7	3	4
7	5	3	1	8	4	9	2
9	6	3	7	2	1	4	5
2	7	1	4	5	3	6	9
5	3	4	6	1	9	8	7

Weekly SUDOKU

ANSWERS:

S
E
P

8

2
0
1
6

Backyard reflections

By Sara Wright

The American Toad

Last spring when my dogs and I walked down to North pond I heard a low hum coming from the water. I recognized the sound immediately because a couple of summers ago I heard that identical music while in my kayak as I approached a cove that was also "humming." Suspecting amphibious activity of some kind I was still stunned to come upon so many American toads whose bulbous golden eyes were popping out of the water. Toads have the most beautiful eyes. The pupils are oval and black with a circle of gold around them. Toads do see in color although the colors are blue and green. Delighted to have met so many of my friends that year I planned to revisit the cove to see if I could gather some eggs. When I did return I was disappointed. No hum and not a double string of black and white pearls in sight.

This year was different. Approaching the shallow water of North Pond to let my dogs cool off I was delighted to hear the humming intensify. And before my eyes could register the sequence I came upon a whole multitude of toads with smaller toads on their backs. They were clustered in a shallow reedy area. Remarkably, these toad couples appeared to be as fascinated by me as I was by their appearance because they instantly gathered round in a semi-circle to stare at me with golden eyes. "Hi we are glad to meet you!" I thought I heard them say. One male toad suddenly inflated his throat like a balloon and trilled briefly. I stood there dumbfounded.

That's when I noticed the coveted double strings of black pearls swirling in the water. Re-routing the dogs to another shallow spot to bathe, I noted that the humming didn't cease even when the dogs happily plunged into the pond. It was that intense, but low pitched and very soothing to listen to, a kind of natural symphony. Hurrying the dogs along we reached home in record time. I immediately returned to the pond with my camera and a pail to gather eggs.

I put the strings of black eggs with white undersides in my aquarium with attached greenery, and sat down to do some research on the gestation period for the American toad.

I quickly learned that the gestation period from egg to toad occurs over a period of 50 to 65 days and that the mating period is variable from March to July depending on the latitude. Some sources said that toads laid their eggs in vernal pools, which is where I always looked (unsuccessfully) for the eggs. According to most sources males go to shallow breeding areas in vernal pools, small ponds and slow moving streams and call out to attract the females with their distinctly high pitched musical trill which one toad had just demonstrated for me with his ballooning throat. When the female arrives the distinctly smaller male with his darker throat grabs her with his fatter front arms (that have pads for gripping the female) until she discharges her eggs. The male then fertilizes the eggs by discharging fluid. The eggs are encased in long spiral tubes of a jelly-like substance. They are laid in two separate strings with thousands of eggs in each string and are attached to submerged vegetation or float close to the shallow bottom. The females provide nutrients for their eggs inside their bodies, but after laying the eggs parenting is over!

The eggs hatch in three to twelve days (mine hatched in three days) and some studies suggest that the tadpoles have a reciprocal relationship with Chlorogonium algae, which makes the tadpoles develop faster than normal. Toad tadpoles are considered herbivores because they graze on aquatic vegetation; adult toads are carnivorous. Often entire groups of tadpoles reach the toadlet stage at once and a mass migration to higher ground takes place usually to shaded woodland areas with plenty of vegetation. Toadlets can be observed eating microscopic bugs; as they get larger they also love ants, spiders, snails, beetles, slugs and worms. Unlike most toads who wait for prey to come along American toads can shoot out their sticky tongues to catch prey; they also use their front legs in order to eat larger food. They grasp their prey and push it into their mouths. Some toads also wipe their mouths with their four fingered "hands" after eating. One American toad can eat up to 1,000 insects a day!

It takes two to three years for a toad to reach adulthood and sexual maturity. Toads usually don't live more than 3-5 years in the wild although they can live

up to 30 to 40 years in captivity. Lawn mowers routinely kill thousands of toads a year. Many people know that toads do not drink water but soak it in, absorbing all moisture through their skin. I leave water dishes for frogs and toads around well-shaded areas in my garden and in the evening I can sometimes see a toad or frog sitting in one of these shallow wells. I notice that they also hunt from these dishes since bugs are attracted to water too. Another possibility is that the toads could be urinating!

Toad humming is used at mating time by the male toad. Throughout the summer especially on rainy nights toads also trill down by my brook. It seems obvious that these toads are communicating with other toads when they do trill, perhaps defending a territory? What surprised me is that none of the sources I consulted mentioned the low-pitched hum of the toads that I heard on the pond which is a very different sound from the toad trill.

Tadpoles have several mechanisms to reduce predation. They avoid predators by swimming in very shallow water often with vegetation and also swim close together in schools during the day. Tadpoles also produce toxic chemicals in their skin like the adult American toad, and fish can die after consuming even one tadpole. When tadpoles begin to hatch they have gills located on the sides of their heads. During the first 20 days they start to form their hind legs. After 30 - 40 days the front legs appear. At the same time the front legs emerge, the tadpoles' gills disappear and the toadlets start to breathe air and become carnivores. In the final two or three days of development the toads complete their metamorphosis, reabsorbing their tails. Baby toads stay by their wetlands for a few days before dispersing to live on dryer land. When they are grown they are about three or four inches in length with the females distinctly the larger of the two. They shed their skin every couple of weeks and often eat it!

With enough cover, moisture, and adequate food American toads can live almost anywhere and are found throughout eastern portions of North America except for Florida. In the non-breeding season individuals have a home range of several hundred feet but during reproductive periods they travel some

distance. Toads are nocturnal. They are most active when the weather is warm and humid. The adults are quite solitary, although here I have an adult pair that seems to stay together year after year. During the day, toads hide under rocks or vegetation. In regions like Maine where winters are cold American Toads dig deep in sandy soil to hibernate. When digging they back in, pushing out dirt with strong back legs.

Predators of adult toads include several species of snakes, birds and mammals. Some are immune to the toxic secretions. When threatened American toads will remain still relying on camouflage. In some instances they will inflate their bodies and extend their limbs so as to appear larger.

The American toad interbreeds with other toads that overlap its territory. They vary in color from tan brown reddish brown or olive green, some have distinct patterns and a cream stripe going down the back. Toad skin is nubby in texture and contains glands that produce a white toxin that helps protect them from predators. Skin color can change depending on habitat, humidity stress, and temperature. Toads display breeding sight fidelity. Individuals often return to natal ponds to breed and will encounter siblings but these toads actively avoid close kin as mates. Vocalizations by males apparently serve as cues by which the females recognize their kin.

Unlike most folks I find toads quite beautiful and as a child kept one in a large terrarium one winter. Every time this little fellow was hungry he would come to the glass and stare me down! I put bits of raw hamburger on a thread and as soon as I waved it in front of him he grabbed it. He also seemed to enjoy being petted and held. Toads make very good friends if you give them a loving home. The next spring I was very sad when my mother told me that I had to let him go. She was right, of course. These are wild creatures that need their freedom just like humans do.

This summer has been hard on toadpoles. Many died when vernal pools dried up too early because of the drought. I am happy to say that some of mine did make it into adulthood. Late August is a good time to look for the tiny toads as they transform from toad-poles into miniature adults.

REGULAR MEETINGS

MUNICIPAL

Bethel Selectmen: Second Monday of the month, 7 p.m., Town Office.

Bethel Planning Board: Second and fourth Wednesdays of the month, 6 p.m., Town Office.

Gilead Selectmen: Second Wednesdays of the month, 6 p.m., Town Office

Gilead Planning Board: First Thursdays of the month, 7 p.m., Town Office.

Greenwood Selectmen: First and third Tuesdays of the month, 5 p.m., Town Office.

Hanover Selectmen: Third Tuesday of the month, 6 p.m. unless otherwise posted.

Hanover Planning Board: First Wednesday, 6 p.m.

Newry Selectmen: First and third Tuesdays of the month, 5 p.m., Town Office.

Newry Planning Board: First and third Wednesdays of the month, 7 p.m., Town Office.

Woodstock Selectmen: First and third Tuesdays, 5 p.m., Town Office.

Woodstock Planning Board: First and third Tuesdays, 7 p.m., Town Office

SAD 44 School Board: Second and/or fourth Monday of the month, 6:30 p.m., Telstar High School (occasionally meet at other schools; call 824-2185 for info or go to http://www.sad44.org/pages/MSAD_44_Bethel/School_Board).

ORGANIZATIONS

Andover

Mondays and Tuesdays, 4:30 p.m.: Andover Fitness Club, Andover Elementary School gym.

Bethel

First Sunday of month, 7 p.m.: Bethel Snow Twisters at 208 Walkers Mills Rd.

Third Sunday of each month, 9 a.m.: Breakfast open to the public at no charge at Bethel Church of the Nazarene.

Wednesdays, Yoga Classes with Yogamoto. Classes are held at 4:15 p.m. and

5:30 p.m. (no class Nov. 25) at the United Methodist Church Annex at 75 Main Street. Yogamoto is a donation-based nonprofit yoga practice. You pay what you can - suggested donation is \$5-\$15. Classes are one hour vinyasa flow and suitable to all skill levels. Proceeds are donated to local education. Private classes also available. FMI: www.yogamoto.com (207)200-3815 info@yogamoto.com

Last Wednesday of the month, 4:30 to 6 p.m.: Community Supper at Bethel Alliance Church. No charge. FMI: 207-824-2289.

Thursdays, 10 to 11 a.m.: Story Time for Children at Bethel Library (story plus craft) with participating mothers. October thru April. FMI: call 824-2520.

Second Thursday of the month, 10:30 a.m. to 12:30 p.m.; fourth Thursday, 10 a.m. to 2 p.m.: Cross Country Quilters of Pine Tree Quilt Guild of Maine meet at the Alliance Church on Route 26 in Bethel. All quilters welcome. FMI: e-mail Pat McCartney at pquilts@yahoo.com or call 836-3575.

Third Thursday, Maine Mineral & Gem Museum holds Third Thursdays Tours & Talks. Winter months' feature presentations held in the Museum Store and Preview Gallery from 3-4:30 p.m. Summer months' feature tours at renowned regional geological sites. Summer times vary depending on tour location; check MMGM's website www.mainemineralgemmuseum.org and its newsletter calendar.

Saturdays; Yoga Classes with Yogamoto. Classes are held at 8 a.m. and 9:30 a.m. at the United Methodist Church Annex at 75 Main Street. Yogamoto is a donation-based nonprofit yoga practice. You pay what you can - suggested donation is \$5-\$15. Classes are one hour vinyasa flow and suitable to all skill levels. Proceeds are donated to local education. Private classes also available. FMI: www.yogamoto.com (207)200-3815 info@yogamoto.com

Rumford

Fourth Thursday of the month: 5:30-7 p.m., Rumford Public Library Friends 4th Thursday Poetry Group.

Second Saturday of month, 6 p.m.: Woodstock Historical Society meeting at the museum.

Fridays 9:15 a.m.: Oxford Hills Duplicate Bridge, Norway. For more information,

call Les Buzzell at 783-4153 or 754-9153; or e-mail: buzz116@myfairpoint.net.

SUPPORT SERVICES

SAFE Voices

24-hour hotline: 1-800-559-2927. Safe Voices serves all of Oxford County and provides emergency shelter, court advocacy and support groups with child care. Rumford office 369-0750; Norway office 743-5806.

AA meetings

Bethel Freedom Group: At United Methodist Church (Main Street, Bethel): Big Book Meeting Sundays at 6 p.m. 12 Step/Traditions Meeting, Tuesdays at 6 p.m. Candlelight Discussion Meeting Fridays at 6 p.m.

Cancer Support

Northern Vista at Home Senior Care offers a free shuttle service to those going to re-occurring chemo or radiation appointments at St. Mary's or Central Maine Medical Center in Lewiston. To schedule a ride call Gerry McCann, director at 207-836-2173.

Every Thursday, 1:30 to 3 p.m.: Rumford Hospital, Room 357. (877) 336-7287. Support and Education for cancer patients, survivors and caregivers. Call to confirm in stormy weather.

Exchanges/Pantries

Clothing Exchange: Bethel Park, 23 Mason Street, Bethel. Hours: Monday 1 to 4, Thursday 4 to 6, Saturday, 10 to 12. Donations of gently-used clothing only accepted during open hours. No exceptions. 824-4090. Clothing may also be dropped off at Northeast Bank on Main Street.

Bethel Food Pantry: serves residents of Albany, Andover, Bethel, East Bethel, West Bethel, Bryant Pond, Gilead, Greenwood, Hanover, Locke's Mills, Mason Township, Newry, Upton, and Woodstock. The Food Pantry is open on the second Monday of each month from noon until 8 p.m. Anyone who needs food should come during those hours, without appointment. The Food Pantry is located in the basement of the Nazarene Church, 16 Church Street in Bethel by the side entrance on Park Street. (Donations should be left on porch at 57 Elm Street. Questions, contact Dave Bean at beand@gouldacademy.org or 207-824-0369.)

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2016

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FOR RENT: ONE BEDROOM APARTMENT in Hanover. Great location, just 7 miles from Bethel and Sunday River, 15 miles from Rumford. Many amenities. Reasonably priced. Call 557-2392 or 557-2845.

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LARGE 3RD FLOOR, ONE BEDROOM, APARTMENT located on Main Street in Bethel. \$675/month includes heat and Electricity. No pets or smoking allowed. Call 824-3200.

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All real estate advertised in this newspaper is subject to the Federal Housing Act of 1968, which makes it illegal to advertise any "preference, limitation, or discrimination based on race, color, religion, sex or national origin, or an intention to make any such preference,

limitation or discrimination." This newspaper will not knowingly accept any advertisement for real estate that is in violation of the law. Our readers are informed that all dwellings advertised in this newspaper are available on an equal opportunity basis.

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Umbagog National Wildlife Refuge (Refuge) is seeking bids for a timber sale located off of Mountain Pond Road in Errol, New Hampshire. This sale is "pay as cut" according to mill scale and bid pricing. The timber will be cut from 340 acres of land. The timber is distributed throughout the stand and is marked as single trees and groups of trees. Cut-to-length and Forwarder logging equipment is required. Whole tree removal and chipping is not allowed. All prospective bidders are encouraged to visit and inspect the site. A bid showing is scheduled for Friday September 9th, 2016 rain or shine. We will meet road side on Mountain Pond Rd at 9:30 AM. Additional information can be obtained by contacting Tom LaPointe at 603-482-3415, ext. 154, weekdays from 8:00 a.m. - 4:30 p.m. Bids will be accepted until September 16th, 2016.



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Obituaries



KATHLEEN T. HOLTZMAN

Kathleen T. Holtzman, 87, of Rumford, died peacefully with her husband and family by her side on Monday, August 29, 2016 at the Rumford Hospital in Rumford.

She was born in Rumford, Maine on Dec. 8, 1928, the daughter of George and Florence (McCafferty) Adams, and attended Stephens High School and received her diploma in 1977.

Kathleen worked at the Rumford Zoo and was a sales associate at Laverdiere's Drug Store for many years. She was

formerly active in the chorus of RAPPA. She enjoyed quilting and knitting and loved spending time with her family and at the family camp at Garland Pond. She was formerly active in the choir at St. Athanasius - St. John Church.

She was married in Rumford on Aug. 11, 1947 to Ernest A. Holtzman, Sr. who survives of Rumford. Other survivors include daughters Kathie Carter and husband Tony of Dixfield and Laurie Holtzman of Rumford; sons Ernest Holtzman, Jr. of North Woodstock, N.H., David Holtzman and wife Carol of Andover, and Wayne Holtzman and wife Debbie of Rumford; sisters Florence Wiggelsworth of Attleboro, Mass., Patricia Burnham of Bethel, and Marion Savard and husband Donald of Lewiston; brothers Theodore Adams of San Diego, Calif., Clarence Adams and wife Rose of Ansonia, Conn. James Adams and wife Dusty of Las Vegas, Nev., and Daniel Adams and wife Janet

of Woodstock, N.H.; seven grandchildren, Chris, Heather, Heidi, Adam, Kati, Ellie and Annie; seven step-grandchildren, Jada, Esau, Vanessa, Jason, Chris, Kurt and Greg; many great grandchildren and step-great grandchildren; and was predeceased by her parents, a brother Robert Adams; daughter-in-law Nancy Holtzman; step-grandson Kenneth Hill and step-granddaughter Perry Boggs.

Friends are invited to sign the family guest book and share their thoughts, condolences and memories online at www.mead-erandson.com.

Funeral services were conducted Friday, Sept. 2 at the Meader & Son Funeral Home in Rumford with Rev. Lawrence Shaw officiating. Interment is in the East Ellis Cemetery, Rumford.

Those who desire may contribute to the Oncology Dept. c/o Development Dept., Rumford Hospital, 420 Franklin Street, Rumford, Maine 04276.

Classes at Stephens Memorial Hospital

Planning Ahead with Advance Directives

Stephens Memorial Hospital is pleased to offer "Taking Charge of Your Health by Planning Ahead with Advance Directives." Advance directives are legal documents that allow you to spell out your decisions about end-of-life care ahead of time such as "terminal illness" or "permanent unconsciousness." It's not something that we like to think about, but the Advanced Directives give you a way to tell your wishes to family, friends, and health care professionals and to avoid confusion later on.

Join Stephens Memorial Hospital's licensed clinical social worker, Robin Green for a discussion on the importance of Advanced Directives along with other ways to make your healthcare wishes known ahead of time.

This session will meet on Fridays: Sept. 16, Oct. 21, Nov. 18, and Dec. 16 at 8 a.m. to 12 p.m. at the William L. Medd, MD Health Center in the James Eshleman Conference Room (8 Pike Hill, Norway). No registration is required/walk-ins are welcome. There is no cost for this program. For more information or to register call please call 743-1562, Ext. 6896.

Stephens Memorial Hospital is a member of MaineHealth. Visit Western Maine Health on the Internet at www.wmhcc.org or follow us at Facebook.com/StephensMemorialME.

Matter of Balance: Managing concerns about falls

Stephens Memorial Hospital is pleased to offer "Matter of Balance: Managing Concerns about Falls."

Join Sheila Buckland for this program which consists of eight two-hour sessions and uses group discussion, problem solving strategies, videos and gentle physical exercise. Older adults learn positive coping methods to reduce the fear of falling and remain active and independent.

This program will be held on Wednesdays, Sept. 14 through Nov. 2, 9 to 11 a.m. and will meet in the Harper Conference Center in the Ripley Medical Building (193 Main Street) in Norway. The fee for this course is \$10 per person and scholarships are available. Registration is required. For more information or to register call please contact SMH Physical Rehabilitation Department at 207-744-6160.

Stephens Memorial Hospital is a member of MaineHealth. Visit Western Maine Health on the Internet at www.wmhcc.org or follow us a Facebook.com/StephensMemorialME.

Yoga for Wellness and Balance

Stephens Memorial Hospital is pleased to offer "Yoga for Wellness and Balance." Many people think that yoga is just stretching. But while stretching is certainly involved, yoga is really about creating balance in the body through developing both strength and flexibility. Yoga brings ease and wellbeing for body and mind.

Join Kat Larsen, registered yoga teach-

er and mentor, for a gentle yoga class including breathing practices, movement and led meditation. Learn practices that can be done both on and off the mat. This is an introductory level/one class - all are welcome! Please wear comfortable clothing and bring a yoga mat, a cushion or blanket to sit on, a bottle of water, and a towel.

Sessions will meet on: Monday, Sept. 12, from 9 to 11 a.m.; Monday, Oct. 3, from 9 to 11 a.m. and Thursday, Nov. 3, from 9 to 11 a.m. in the Harper Conference Center in the Ripley Medical Office Building (193 Main Street, Norway). Registration is required. There is no cost for this class. For more information, or to register, please call 743-1562, Ext. 6896.

Preparing for Birth

The Family Birthplace at Stephens Memorial Hospital will be holding their next Preparing for Birth Class on Saturday, September 10, from 9:00 am - 3:30 pm in the Harper Conference Room at the Ripley Medical Office Building (193 Main Street, Norway). Gail Martel RNC, ICCE, IBCLC, will be facilitating the course.

Join a group of expectant parents as they have fun learning about the labor and delivery experience at Stephens Memorial Hospital's Preparing for Birth Class. Expectant moms will explore how to relax and allow themselves to flow with their labor through breathing and relaxation techniques. Their coach will learn how they can assist mom through the process of labor and share in the joy of birth. Information on making a birth plan, comfort measures, stages of labor, and cesarean delivery are all explored. A question and answer session is always part of the class.

Pre-registration with payment or MaineCare information is required. The fee for this class is \$35 and is usually covered by insurance. To register for class please call 743-1562 x6951. For further information & future class offerings please visit www.wmhcc.org.

Breastfeeding Classes

The Family Birthplace at Stephens Memorial Hospital announces an upcoming Breastfeeding Class for new and experienced mothers. The class will be held on Wednesday, September 21, from 6:30 - 8:30 PM in the Boardroom at Stephens Memorial Hospital (181 Main Street) in Norway.

Gail Martel, RN, IBCLC will be leading the class, which will cover the facts of breastfeeding, and help to dispel the myths about it. You will learn skills for successful breastfeeding, as some infants are born knowing what to do and some need to be taught. Some mothers may take more naturally to breastfeeding while others require more support. This class will help make you aware of the support services available to breastfeeding mothers.

The American Academy of Pediatrics recommends breastfeeding for all babies and the staff at The Family Birthplace is here to assist.

For a schedule of future classes, more information or to register for this class please call the Family Birthplace at 743-1562 x 6951. There is a \$10 fee per couple. Pre-registration with payment is required. Classes are scheduled six times a year.

CPS garden bears fruit (and veges)



Fifth-graders from the Crescent Park Elementary School in front of tomatoes, corn, and sunflowers, planted by last year's fifth-graders. Submitted photo

September arrives and the new 5th graders step into their role as the school leaders. They also inherit the garden that their predecessors have planted.

In the spring, the 5th graders (now at TMS) grew from seed many of the plants that are now thriving in the school garden. Tomatoes big and small, lunch peppers, carrots, squashes, potatoes, sweet potatoes, peas which were consumed this summer by the MKA summer program students and staff, sunflowers and popcorn! The cucumbers are big producers this year, so one 5th grade class made refrigerator pickles. Our potatoes are going to be dug up and made into a potato salad and potato leek soup and our zucchinis are being baked into yummy bread. Aside from this, veggies will be brought into the kitchen weekly to be put onto the salad bar at CPS.

Lessons will be taught on photosynthe-

sis, measuring in the kitchen, soil ecology, and even some bug identification (we found "oil beetles" large and deep blue eating our potato plants!).

All in all it has been a busy and exciting year for our garden. We held a fundraiser last fall and used the money to purchase topsoil and composted manure to expand our garden and keep our plants growing strong.

We have many folks to thank for helping us weed and water during the summer. Many of our own staff from CPS came in during the summer to water, as well as MKA staff, and volunteers from the master gardening community.

Just two years ago we were generously given wood to replace old raised beds as well. We appreciate every one of you for helping us build, plant, and maintain our wonderful garden.

Book reading at Waterford Library

Maine author Eleanor Phillips Brackbill will read from her book *The Queen of Heartbreak Trail, the Life and Times of Harriet Smith Pullen, Pioneering Woman at the Waterford Library, Saturday, Sept. 17, 2 p.m.*

The story of Harriet

Smith Pullen's early life, from her childhood journeys by covered wagon to her family's subsistence in sod houses on the Dakota prairie where they survived grasshopper plagues, floods, fires, blizzards, and droughts is a narrative of American

migration and adventure that still resonates today.

But there is much more to the legendary woman's life, revealed here for the first time by Eleanor Phillips Brackbill, her great-granddaughter, who has traveled the path of her ancestor, delving into unpublished material, as well as sharing family stories in this American sto-

ry that will capture the imagination of a new generation.

Eleanor Phillips Brackbill is the former director of education at the Neuberger Museum of Art, Purchase College, State University of New York, and author of *An Uncommon Cape: Researching the Histories and Mysteries of a Property and Essays for When Modern*

Was Contemporary: The Roy R. Neuberger Collection.

She graduated from Antioch College, earned an MA in art history at Boston University, completed a curatorial fellowship in the Whitney Museum of American Art's Independent Study Program, and studied in the art history doctoral program at City University of New York.

Following twenty-five years as an educator, she embarked on a second career writing about history. She lives with her husband near Portland, and is currently working on her next book, another story steeped in American history.

An interesting aside, Harriet Pullen's husband was a Mainer, from China.

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